



Youth Sports And Sports Parenting Survey Results

What are the top challenges for you as a sports parent?

1. Understanding how to help my child get the most out of his or her talent without pressuring my child.
2. Understanding how to approach my child about improving performance.
3. Figuring out how to identify when my young athlete is struggling with the mental game of sports.
4. Learning how to motivate my child in sports.
5. Improving communication with my children about their sport experience.

What are the biggest challenges for your children in sports?

1. They struggle with doubts and negative thoughts about performance.
2. They have trouble letting go of mistakes and become easily frustrated or angry.
3. They worry too much about what others think about their game.
4. They perform tentatively or lack assertiveness against skilled players.
5. They perform consistently better in practice than in competition.