



## How do parents navigate having a child play two sports?

What role should a parent play in the communication process if their child is a two-sport athlete? It can be complicated especially if the child is unable to drive, or during times when practices and games may cause scheduling conflicts. The parent's role should be helping their child develop life skills by communicating to one or more coaches. If an athlete is able to advocate for themselves, it is a tremendous skill that will help them when speaking with a professor or boss later in life.

### Role playing will prepare athletes

Parents should encourage their child and walk their child through steps or language to communicate with the coach.

- Role playing is a terrific way to practice and teach communication techniques.
- Walk through different discussion points in a safe and supportive environment.
- Trust your athlete to go try out what you role played.



### Tips to recognize fatigue from playing multiple sports

Parents know their kids and what they are able to handle. If they have lost a pep in their step; falling behind in sleep; fall behind in chores; or leave the dinner table early, it may be time to have a conversation to see if the child is taking on too much.

- Do you have a child who is playing multiple sports, has a job, hanging out with friends and doing training? If that sounds like too much, it probably is too much. This requires the parent to have check-ins on a more regular basis.
- In season, be mindful of school-work, extracurriculars and volunteer hours for Academic letter or National Honor Society. Communicate often to determine if the workload is manageable or if he/she needs to cut back on their schedule.





## Enjoying watching your child in multiple sports

Parents should take in stride their child playing multiple sports; cooperating or interacting with different coaches and mingling with a different set of parents in each sport. Parents do not need to be best friends with the coach or every parent. Trust that the experience will be good for your athlete and, if and when it is no longer a good experience, then those conversations can be had.

In dealing with different parents in each sport, role model positive behavior, cheer for your child and gravitate to parents who share your values.

### Helping your athlete stay organized

It is important for athletes to learn these life skills. Athletes today are being asked to be more like adults at a younger age than previous generations.

Communication is important. Be deliberate in conversations with your athlete asking these questions:

- How do you want to spend your time?
- What is the impact of your time?
- How does this affect the family unit?

The reality is no athlete can do everything. If the athlete has siblings, concessions may need to be made on activities each participates in and attendance of parents at events. Communication helps a family stay organized.



### Tips to manage multiple kids playing multiple sports

A family meeting at the beginning of the season is important to navigate multiple athletes in multiple sports at different ages, especially when games may be on the same day.

- Not all sports are equal and some sacrifice may need to be made to ease family time.
- Parents have work responsibilities. Explain to Timmy, I am watching your sister play today. The next game, I will watch you and miss your sister's game. Talk ahead of time so no one is surprised.
- Be positive and encourage your child even if this is not a sport you are interested in. Let your child explore a new sport/activity. Talk to them and decide together if they are going to pursue the sport.