

## Athlete's senior season

### Managing emotions

As senior season approaches, parents and guardians may find themselves experiencing a mix of anxiety and excitement, mirroring their athletes' emotions. This season holds significant importance and nostalgia for caretakers, as it may mark the last time they witness their athlete participating in sports. It is crucial for parents and guardians to effectively manage their own expectations during their athlete's final year.

### Recruiting

The recruitment process can induce anxiety and stress in student-athletes, and caregivers play a vital role in providing support. Parents and guardians should educate themselves about the process to better assist their athletes.

Most schools provide information about their recruitment process online, and there are also resources available where individuals share their personal experiences. It can be beneficial to conduct this research together with your athlete, empowering them to have a sense of independence throughout the process.



### Expectations

Caregivers must remember that their athlete's athletic success does not define their performance as parents or guardians. Likewise, a disappointing season does not determine their athlete's future athletic career. If an athlete falls short of their own expectations, they are likely being hard on themselves. Caregivers can provide balance by offering encouraging words and creating a safe space for their athletes to express their emotions without judgement or unsolicited advice.





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### Season finale

Emotions will run high at the end of an athlete's career, regardless of whether they continue their athletic pursuits or not. Caregivers should anticipate experiencing a range of emotions from sadness to relief. They are an integral part of their student-athlete's journey.

### Senior Banquets

Banquets are not solely for the student-athletes; caregivers deserve recognition too. In many cases caregivers have contributed significantly to the athlete's success by providing transportation, attending games, supporting booster clubs, assisting coaches, organizing fundraisers and more. They deserve gratitude for their contributions.



### Other goodbyes

When an athlete moves forward in their career, caregivers may also find themselves moving away from a community where they have established connections and friendships. Although their athlete is no longer part of the team, caregivers can choose to remain involved in the upcoming seasons if they wish. They may also opt to stay connected with other caregivers through social media or decide to step away completely. The nature of the relationship between a caregiver and their athlete's alma mater can be determined based on their individual preferences once the athlete moves forward in their career.

