

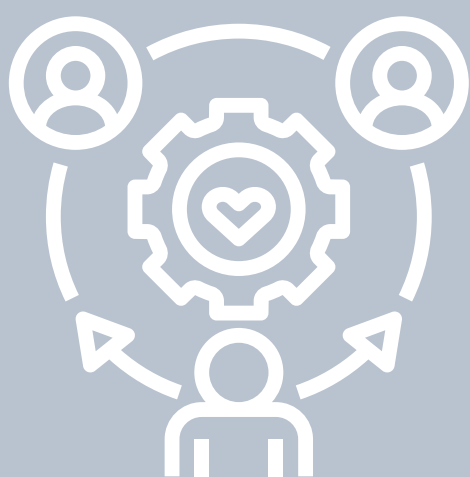
SUPPORTING YOUR EMERGING ATHLETE

Evidence-based tips for Parents
informed by the Talent levels of
FTEM NSW



THE TALENT YEARS

Support your child in understanding the pathway to the elite level and the required commitment. Recognise that it's a long and sometimes challenging journey. Success and failure is all part of the journey - it's what you learn and how you respond, and grow is the key !



THE HOLISITIC SUPPORT YOU PROVIDE IS INVALUABLE

Parents provide multiple and complementary types of support that is critical in supporting an emerging athlete in their journey. This includes not only tangible forms of support like transportation, money and access to coaching and events but also emotional and informational support and even someone to practice their skills with in the home environment !

BE POSITIVE AND PRAGMATIC

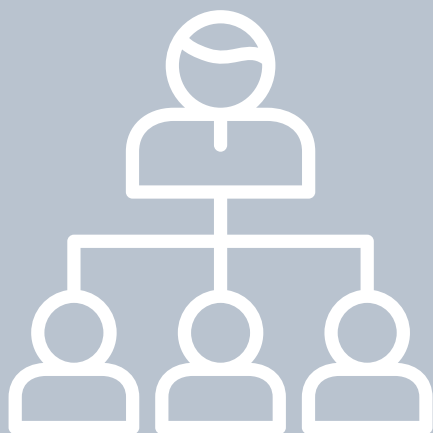
It's typically a long and challenging journey to the elite levels. Ensure you're pragmatic and patient with your child and do not impose unrealistic expectations. Don't pressure. Provide emotional support and encouragement and be an effective sounding board. Support your child to enjoy the journey and its rich experiences and embrace and learn through mistakes and failure.



BE A SUPPORTIVE ADVOCATE



Understand where your child is at on the Talent Pathway by engaging and working with your child's sporting organisations and their coach. Understand and value the developmental requirements and facilitate the commitment required. Understand the selection criteria. Talk about selections. Don't criticise the process or people involved.



BE A GOOD ROLE MODEL

Remember you're an influential role model and that your children will learn through observing your behaviour and attitude. Be present, positive and encouraging. Be a good role model by upholding integrity and demonstrating good sportsmanship always. Show respect and gratitude to their coaches, officials etc.

SUPPORT MENTAL WELLBEING AND BALANCE

Promote maintaining balance in their life. Check in frequently and ensure they are having fun and enjoying the experience. Be a good active listener and sounding board. Encourage and support them to take a break when they need it. Encourage them to enjoy time out from sport with friends and family. Help them to understand their stressors and manage their own stress with professional support if required. Notice behavioural changes and keep communication open. Reduce stigma and encourage help seeking behaviours.



SUPPORT PROTECTION AND CARE

Keep communication open and ongoing. Talk about values and demonstrate ethical decision making. Understand and watch for bullying or other negative behaviours and interactions. Monitor training and competitive demands within sport. If your child is in pain, seek the right help early & promote complete and self-driven preparation, injury prevention & rehabilitation practices

FACILITATE LEARNING AND AUTONOMY

The best athletes effectively and meticulously self-regulate, are autonomous, reflect on their performances and own their improvement. You can assist your child to gain these skills. Forget the competition result. Keep your focus and questions on what they did well, what they learnt, what they may change next time.



MANAGING COMPETITIVE SIBLINGS



Healthy competition between siblings is a natural phenomenon. If it's positive, it can be a key ingredient for sporting success! Balance your level of involvement and support with each child. Avoid making comparisons. Focus on effort and not the outcome. Praise hard work and commitment. Play team captain - Keep competition on the track and let them work it out with your support. Praise and show interest in non-sport activities.