5 WAYS to ensure your child is participating in developmentally-appropriate TRAINING & COMPETITION

1. Determine if your sport follows the USOC American Development Model at TeamUSA.org/ADM

2. Check to see if local program follows National Governing Body recommendations.

3. Be aware if the coach and program communicate with children in an age-appropriate manner.

4. Check to see if your local program is using modified equipment and venues.

5. Ask your child how they feel about their sport experience/activities.