



THE ASPEN INSTITUTE

PROJECT PLAY

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.



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