Work Along: Understanding Our Young Athletes

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Whether you fill the role of a coach, a parent, or some other individual working with and supporting young athletes, answer these questions the best you can from your unique perspective.

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1. Do your best to express what confuses, perturbs, angers, and/or excites you about the world our youth are growing up in?

2. How do some of the behaviors and attitudes you see in your teenagers reflect what you know is going on both with their biology and with the social climate they are immersed in (chose something you now have a new perspective on!)?

Behavior/attitude #1: _____

What's going on here…

Behavior/Attitude #2: _____

What's going on here…

3. What's one insecurity you harbor as a parent or coach of a teen athlete?

_____

How do you find yourself *performing* to maintain the identity that this insecurity threatens?

4. What does sport mean to you?

How do you reflect this view to your athletes?

5. Respond to the following statements on a scale from 1-10 *from the perspective of your athletes (or child).*

- My athletes know that I accept them unconditionally.

1 ---------- 5 ----------10

- My athletes feel heard and understood by me.

1 ---------- 5 ---------- 10

- My athletes feel as though I give them the space and support to develop and nurture what makes them uniquely them.

1 ---------- 5 ---------- 10

- My athletes know I am their ally.

1 ---------- 5 ---------- 10

- My athletes know that I believe they are *enough.*

1 ---------- 5 ---------- 10

5. Looking at your answers above, where can you do better?

List one action step you will take *now* to do better on a daily basis.

I will…

6. What's one question you have after reading through this and answering these questions. Either discuss with a group of peers or reach out to me directly to keep the conversation going!