



For Tips & Tools to create great youth competitive environments and experiences and to find practical, early-step mental health services guidance, visit theBMSproject.org.

TOP 3 TIPS FOR YOUTH SPORTS ADVOCATES

By R. E. Martin

Enjoy the journey... it doesn't last forever.

Make good memories for yourself and all young competitors.

We often live vicariously through our involvement with youth sports, but the playing of amateur games should belong to the participating young competitors... let them own it and don't ruin it for them. Competition can extol the best that we have to offer as Advocates of youth sports or get downright ugly. In the heat of competition, setbacks, adversity, losses and victories can fire our deepest passions. Channel those passions toward creating positive experiences. Let's all strive to enjoy the journey together!

#3 The Golden Rule of Youth Sports:

Don't say something out loud about someone else's child that you wouldn't want said about your child.

There is absolutely nothing that we care about more than our children. We all have personal judgments and opinions and it is human nature to comment on and converse about our thoughts and opinions regarding life. Words hurt... sometimes intentionally and more often, unintentionally. Don't do it.

#2 Protect & Nurture Young Competitor's Self-Esteem

The ideal end-of-season outcome is that every player participating in youth sports feel as good, or better about themselves at the end of the season as when it began. Striving to win is very important, but the MOST important thing is to build and support the development of self-esteem.

#1 Talk About Feelings!

Trusted relationships and loved ones are there... and they DO care!
You are never alone... without guilt or shame... we are all worthy.



**If you or a loved one is in crisis, dial 988
The National Suicide Prevention Lifeline
or call - 1-800-273-TALK 1-800-273-8255**

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