



# 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](http://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, "Check in!"



[USAFOOTBALL.COM/FDM](http://USAFOOTBALL.COM/FDM)

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

