



How To Help Your Athlete Deal With Team Selection Results

It's frustrating when your child doesn't make the team you think they deserve to be on. But no amount of analysis or complaining will change the situation. Please use this checklist to help your youth athlete turn lemons into lemonade...so they want to keep participating in sports.



Help your child...

☐ **Protect their passion, motivation, self-confidence, etc. for sports**

Your child's mindset regarding their sports will significantly affect their entire youth sports journey. If they lose the love for the game, the grit, and the drive, they'll likely quit...or have a negative youth sports experience. **Your Call To Action:** Help protect and nurture the psychological factors in your child. It's one of the greatest gifts you can give your youth athlete.

☐ **Focus on things your athlete controls**

Your child can't pick the team they're placed on, but they can choose how they respond to the situation. They can decide to be a great teammate, give their very best effort, and lead by example. **Your Call To Action:** Help your athlete determine 1-2 things to focus on this season that they fully control.

Help your child...

☐ Realize that there may be advantages to playing at a different level

Maybe your child will get more playing time, be allowed to play a variety of positions, take on a leadership role, or have a higher probability of achieving consistent success during competitions. Maybe they'll make new friends or have a fantastic coach. **Your Call To Action:** Help your athlete find at least one benefit to playing on the team they were selected.

☐ Understand the relative age effect (If your child is young or a late bloomer)

The single greatest advantage in youth sports is physical maturity. When was your child born relative to their sports calendar cutoff? Are they "age advantaged" or "age disadvantaged?" **Your Call To Action:** If your child is young or a late bloomer, explain the relative age effect and how the most successful professional athletes were often late bloomers.

☐ Discover life lessons

Use this situation to teach your child life lessons. If you Google "life lessons", you'll see numerous examples you can choose to highlight. **Your Call To Action:** Pick a life lesson to emphasize and discuss it with your child.

