



5 WAYS

to speak up when you are a

CONCERNED PARENT

1 Use the 24-hour rule to give yourself time to reflect and to set up a time to meet with the coach.



3 Empower your kid to talk with the coach in a respectful manner.



2 Remember to always thank the coach.



4 Always speak up when safety is a concern.

5 Ask for clarification to understand the coach's viewpoint, philosophy or team rules.



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

