

Athletics Parent Resources

KidsHealth: Feeding Your Child Athlete: <https://kidshealth.org/en/parents/feed-child-athlete.html>

Association for Applied Sports Psychology: Do's and Don'ts for Parents of Young Athletes: <https://appliedsportspsych.org/resources/resources-for-parents/dos-and-donts-for-parents-of-young-athletes/>

Rocky Mountain Hospital for Children: Keep Kids Healthy Playing Sports: <https://rockymountainhospitalforchildren.com/health-education/keep-kids-healthy-playing-sports.dot>

Children's Health: Nutrition and Sports Performance: What Young Athletes Should Eat to Perform Their Best: <https://www.childrens.com/health-wellness/what-young-athletes-should-eat-to-perform-their-best>

KidsHealth: Sportsmanship: <https://kidshealth.org/en/parents/sportsmanship.html>

Stanford Children's Health: Teaching Children Good Sportsmanship: <https://www.stanfordchildrens.org/en/topic/default?id=teaching-children-good-sportsmanship-1-4524>