A parent’s role in the sport experience should be one of support and guidance for their child’s benefit. The following are recommendations to help ensure your child has a positive experience with field hockey:

1. **Safety first!** Make sure your child is in a safe learning environment with trained and certified coaches.
2. **Sport sampling is important.** Encourage your child to try many sports to help enhance their physical literacy and find sports and healthy activities to enjoy.
3. **Encourage multi-activity and sport participation to keep your child from burning out or developing overuse injuries.**
4. **Acknowledge and celebrate your child’s efforts and improvements over performance outcomes.** Mentor good sportsmanship.
5. **Enroll your child in age-appropriate activities to ensure healthy progression and skill development before advancing to a heavy volume of competition.**
6. **Monitor the dose and duration your child is playing each week, month and year and encourage rest and recovery.**
7. **Stay connected with your coaches and administrators to support your child’s progress and development.** Utilize the USA Field Hockey ADM pathway and resources and recognize where your child stands in terms of stage and development.
8. **Support and encourage your child to have fun.** Remember that fun is the #1 reason a child participates in sport, and life lessons can be learned through these experiences.
9. **You can play field hockey too!** Pick up a stick and join the fun. Field hockey is a sport for all ages, and adult recreational leagues exist across the country for beginners through advanced players.
10. **Become a coach or umpire.** USA Field Hockey provides resources and training to help you get started!