

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# Raising Your Athletic Daughter



## **At what age should your daughter get involved in sports?**

- There is no specific age as to when you should first put your daughter into sports.
- Encourage physical activity from a very young age.
- Love physical activity yourself and when she wants to play on a team she will tell you.

## **How can you get your daughter to enjoy and want to play sports?**

- Buy her equipment.
- Take her outside and play catch with her, just like you would with your son.
- Attend her games and practices to show your support.
- Be active yourself, set an example.

## **Why does my daughter want to drop out of sports?**

- In the adolescent years, a variety of factors will come into play – homework, jobs, dating, and other extra-curricular activities.
- Sport is often still portrayed as a male-dominated activity in the media.
- Lack of opportunities; the number of programs available for girls tends to decline as the age of the participants increases.

## **What can I do to keep her interested?**

- Continue to tell her about the positive impact sports can have on her life.
- Keep active yourself and encourage her to do the same – take her along if she is not out doing it herself.
- Continue to show an interest in what she is doing.

