

# MVP Mindset:

## Tips for Parenting Today's Student Athletes

### I. Know the Numbers

- Athletic scholarships are not a solid financial college strategy.

### 2. Unconditional Positive Focus

- Positive verbal AND non-verbal communication regardless of outcome.

### 3. Injury Mood Awareness

- Lack of physical activity due to injury may lower an athlete's mood. Engage in other social activities to help.

### 4. Put YOUR Mask On

- Taking care of yourself is another way of taking care of them.

### 5. Engage in Other Activities

- Other activities help broaden an athlete's sense of identity.

### 6. Step Back

- Value the life-skills you want your athlete to get from athletic involvement over outcome.

### 7. Model Desired Behaviors

- Show your athlete how to act by your behaviors. They're always watching.

### 8. Percent of Your Conversation

- How much do you talk about things besides swim and school?

### 9. Pre-Competition Focus

- Focus on process over goal time before a meet.

### 10. Appropriate Rewards

- Reward for effort not outcome.

### II. Car Ride Home

- What does your athlete want to talk about? Not talking about swimming won't hurt their performance. At all.



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