The Role of a High-Performance Parent

Basketball Australia

+Win Well 2032

As a parent or guardian of a high-performance athlete, you will take on many roles at various stages of their growth and development – everything from chauffeur to nutritionist, financial planner to logistics coordinator and counsellor to confidant.

With an ever-expanding to-do list, it is helpful for high-performance parents and guardians to stay focused on cultivating these six essential habits:

1 Prioritise your Relationship with your Child

Your relationship with your child is more important than their sporting success. Look to create a positive and supportive environment at home, where unconditional support and love are given regardless of success.

2 Find ways to balance Sport & Life

Pay attention to the needs of your child amidst the intensity and demands of high-performance sport. Protect time for family, friends, play, study, nutrition and rest, as you help to build the holistic person.

3 Foster Independence

Understand that high performance sport is about developing important skills that enhance peak performance in life and sport. Encourage your child to incrementally take ownership of their sporting journey as they progress in experience and maturity.

4 Bolster Resilience

Understand and model that setbacks are part of the sporting and life journey, and that resilience is central to personal and performance success. Find ways to celebrate effort and progress, acknowledging the pain of hardships and the value of persistence.

5 Understand the realities of elite Sport

Learn about Basketball, the people, and the athlete pathway. Understand the expectations of the sport and the realities of making it to the top and continue to learn how you can best support your child at home and in Basketball.

6 Recognise you are part of a Support Team

Recognise that you are part of a broader team that is guided by the sport. Build your child's connection to their coach and support team, and incrementally encourage athlete-led communication as your child progresses in age and maturity.

2032+ AUSTRALIA'S HIGH PERFORMANCE SPORT STRATEGY