

[National Federation of State High School Associations' Learning Center Resources](#)

PARENTS

"The Parent Seat" has been designed for coaches and athletic directors to use during their pre-season parent meetings. It explains the role of a parent during game day and provides suggestions on how they can cope with the roller coaster of emotions that they will feel. Feel free to [download the video](#) and use it in your presentation! (6:25 in length)

[Parent Courses](#) (21) - Name, Image, and Likeness; Concussions in Sports; Positive Parenting; Protecting Students from Abuse; Sportsmanship; Sports Nutrition; Mental Health and Suicide Prevention; the Female and Male Athlete Triad; and more...

[Take Back Sports](#) - consider suggesting that parents sign the pledge

COACHES

[Coaches Courses](#) (67) - Building and Maintaining a Positive Culture; Adolescent Development: Centering Athlete Needs; Coaching Mental Wellness; Developing Youth Through Sport; Sportsmanship; Mental Health and Suicide Prevention; and more...

[This 2:08 video](#) details the benefits of coaches using a growth mindset.

STUDENTS

[Student Courses](#) (27) Learning Pro videos [that are content specific]; Social Media; Sports Nutrition; and more...

Additional Resources for Parents

[American Academy of Allergy, Asthma, and Immunology](#)
[National Eating Disorders Association](#)