



## **Dr. Casey's Top 10 Tips For Parents of Athletes**

1. To Push or Not To Push?
2. What's In a Goal?
3. You Are Your Child's Best \_\_\_\_\_.  
Parent!!!
4. Training for Success not Perfection.
5. Allow the Occasional Failure
6. Watch Your Language & Behavior
7. Working with Your Child's Coach
8. With a Child-Athlete at Home be  
on the Lookout For
9. Get Your Team Together
10. Balance Begins With You

To Schedule an Appointment or Team Workshop Contact Dr. Casey at 949.420.3067 Today!