

# Parent's Guide to Learn to Compete

## *Ages*

Girls 15-18/Boys 16-19

## *Key objectives*

Preparation for the competitive environment and performing under a variety of playing conditions.

Provide strong support network for continued development.

## *Teens...*

- Want to explore their own ideas.
- Are influenced by what others think and seek social approval.
- Feel outside pressure to fit a role that can cause confusion.
- Are seeking a stable and balanced self-image.
- May feel parents/coaches are living vicariously through them and risk confusing the teen.
- Are developing critical thinking skills.
- Can cope with multiple strategies and tactics especially near end of stage.
- Can self-analyze and self-correct.
- Can develop highly specific goals.
- May have internal clash between following rules and knowing what is right (in some).
- May make decisions based on higher ethical principles (in some).
- Thrive on competition and love ultimate.
- Value competition and give 100% effort.
- Demonstrate confidence in game skills.
- Reflect after training and competition.

## *Parents...*

- Help players learn to organize for travel

- Help players refine rest, recovery, and regeneration strategies
- Help develop life-long skills of fair play, dedication, integrity, etc.
- Avoid living vicariously through teen.
- Support goal setting.

## *Practice/Competition*

- Players play a primary position and keep familiar with others.
- Full-sized discs
- High school:  $\leq 3$  games/day, max 90 min games, 1-3 tournaments/season
- College/Club:  $\leq 3$  games/day, max 100 min games, 2-4 tournaments/season
- 40% practice/60% competition
- 2-3 practices/week<sup>1</sup>
- 1-2 weight sessions/week
- 2-3 speed/agility sessions
- 2-3 throwing sessions
- Season length
  - 4-5 months
  - 2-3 seasons/year

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<sup>1</sup> Sessions and practices may be combined.