





# ROAD MAP

Advice and tips to get you from here  to  there

## BEING A SUPPORTIVE ALL STAR PARENT

As a parent you want to provide the best physical, mental and social environment for your child. In addition to the conditioning, fitness and outstanding cheer and dance specific training, All Star provides enrichment and growth opportunities off the mat or Marley. Consider the following factors in making your child's All Star journey even more successful.

1

### Research before you choose.

- Does the All Star club (or any youth activity) require the screening of all coaches, owners and other adult leaders?
- Do the coaches receive additional training and education throughout the year?
- Are they familiar with the Positive Coaching Alliance (PCA) and athlete protection/abuse prevention training?
- What practices or standards are in place to ensure athlete safety while training?
- Learn more about protecting the health and well being of your athlete. Go to: [USASF.net](https://usASF.net) > [ATHLETE PROTECTION](#).

2

### Knowledge is the KEY to growth.

Visit the [USASF website](https://usASF.net) for an abundance of parenting resources such as:

- Safe@AllStar: A benefit of membership that offers additional prevention and education to our ongoing athlete protection clubs.
- WELLNESS ESSENTIALS: a series of short [short videos](#) on USASF's YouTube channel including [The Parent Partnership](#).

3

### Nurture their leadership potential.

Every child has the potential to be a leader and the USASF has programs for high schoolers that develop [leadership skills](#) that last a lifetime. Led by young All Star alumni, the workshops enable athletes to develop themselves as role models who:

- put team first;
- fully commit to their All Star club; and
- learn to make the choices that lead to self-confidence and accomplishment.

4

### Reach beyond All Star.

Through the generosity of our sponsors, the [USASF Scholarship Program](#) celebrates outstanding cheer and dance seniors. Athletes may apply the fall of their senior year. In 2021, the USASF Scholarship Program expanded to include Exceptional Athletes! Want more info? From your membership profile > Click the name in the top right corner > COLLEGE SCHOLARSHIP INFORMATION

5

### Celebrate their abilities.

If your child is an [Exceptional Athlete](#) many USASF member clubs offer CheerABILITIES and DanceABILITIES. These clubs provide safe, fun exercise; enhance independence and self-confidence; and offer opportunities for positive social interaction for athletes and their families.

6

### Subscribe.

We encourage you to [subscribe](#) to the All Star Cheer & Dance PARENT CONNECT newsletter to keep up with the latest All Star news.

