

Parent Reflection

1. What went well today?

(What effort, attitude, or small moments of growth did I notice in my athlete — independent of results?)

2. How did I respond to their performance?

(What emotions came up for me during or after the performance? How did I express them — through words, tone, or body language?)

3. What questions or feedback helped most?

(Which of my words or questions opened reflection — and which ones shut it down?)

4. What can I do differently next time?

(One small shift that could better support their process, confidence, or enjoyment.)

5. How am I supporting their process this week?

(Think logistics, recovery, mental space, encouragement, or simple presence.)
