



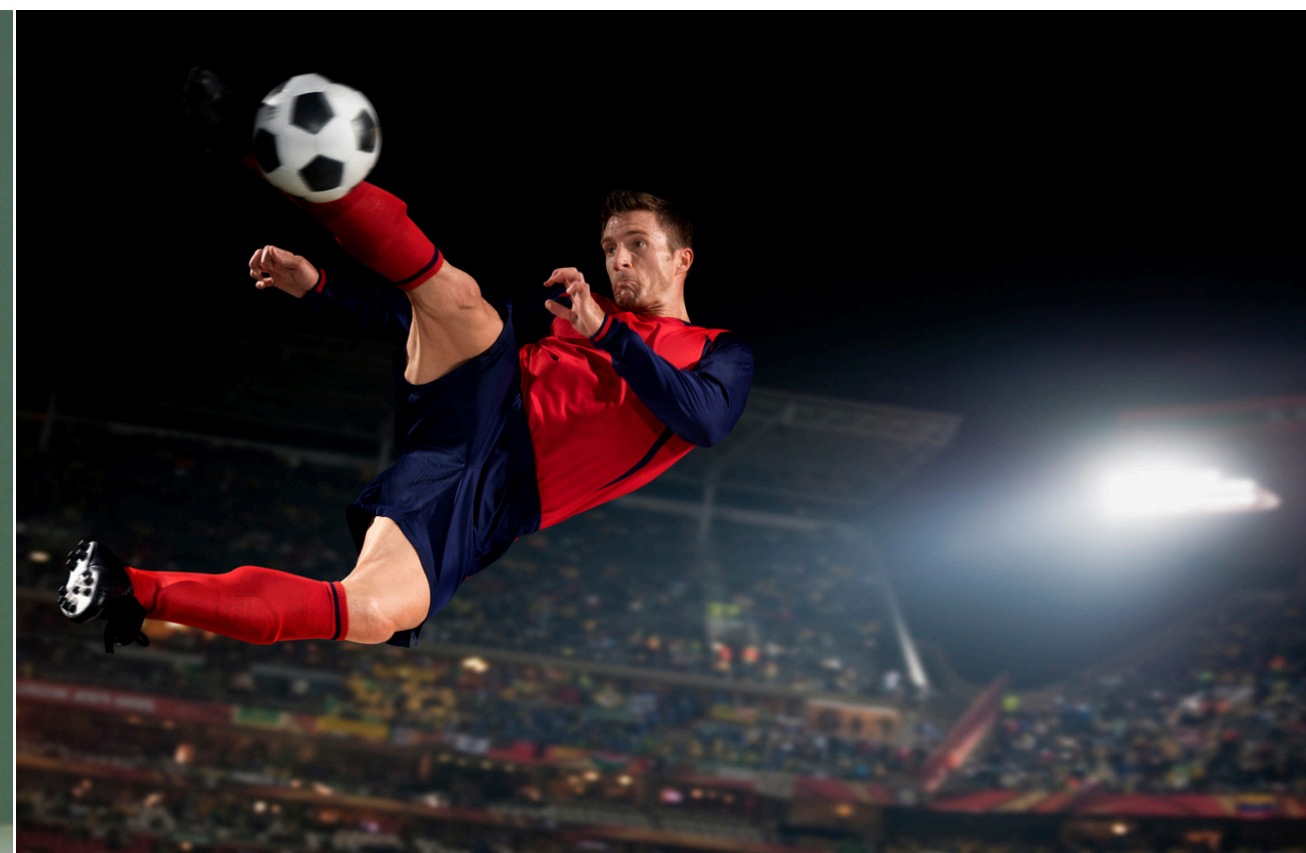
# UNDERSTAND THE COMMITMENT

## Time:

- Professional sports require extensive training and dedication.
- Balancing academics and sports will be crucial.

## Physical Fitness:

- Maintain a high level of fitness through consistent training, proper nutrition, and rest.
- Mental Resilience: Develop a strong mindset to handle competition, pressure, and setbacks.



# CHOOSE YOUR SPORT AND SPECIALIZE

- Identify the sport teen is passionate about
- Focus on excelling in it.
- Learn the rules, strategies, and techniques.
- Meet mentors in the professional sport you aspire for.



# **PARTICIPATE IN COMPETITIONS**

- Compete in local, regional, and national tournaments to gain exposure.
- Use competitions to gauge progress
- Learn from both wins and losses.

# **BUILD A SUPPORT NETWORK**

- Seek mentorship from successful athletes or coaches in the sport.
- Give support to your teen.
- Encourage teachers, and peers who understand and encourage your teen's sport aspirations.

# FOCUS ON ACADEMICS

- Keep grades up, as many sports scholarships require academic eligibility.
- Encourage your teen to take courses that align with sports science, nutrition, or related fields to deepen their understanding of your craft.

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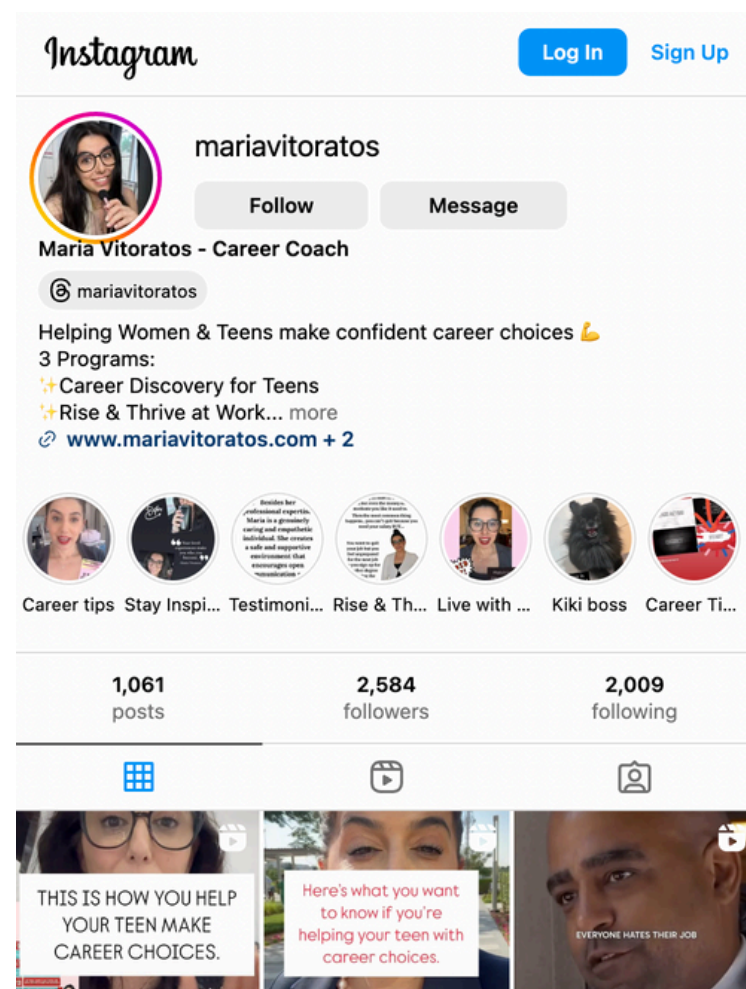
514 results Page 1 of 21

**Ball State University**  
Location: Muncie, IN   Programs: Campus

Sports Degrees Available  
• M.A/M.S. In Sport Administration • B.A/B.S. in Sport Administration

# CREATE AN ONLINE PRESENCE

- Share the journey on social media or sports-specific platforms to attract attention from scouts and sponsors.
- Post videos of performances, training sessions, and achievements.
- Build your teen's sports brand.



# LEARN ABOUT PATHWAYS TO PROFESSIONALISM

- Research pathways to becoming a professional, such as joining leagues, participating in talent scouting programs, or earning sports scholarships.
- Look into institutions with strong sports programs if that aligns with your teen's career goals.



# WORK ON YOUR TEEN'S TRANSFERABLE SKILLS

- Help your teen develop discipline, teamwork, leadership, and communication skills.
- Build a positive attitude and good sportsmanship that coaches and teams will value.

## Top 10 skills of 2025



Analytical thinking and innovation



Active learning and learning strategies



Complex problem-solving



Critical thinking and analysis



Creativity, originality and initiative



Leadership and social influence



Technology use, monitoring and control



Technology design and programming



Resilience, stress tolerance and flexibility



Reasoning, problem-solving and ideation

### Type of skill

- Problem-solving
- Self-management
- Working with people
- Technology use and development



**S P O R T S I S N O T A  
H O B B Y ; I T L E A D S T O A  
P R O F I T A B L E I N D U S T R Y .**

**G I V E Y O U R T E E N  
I N F O R M A T I O N & L E T  
T H E M E X P L O R E T H E I R  
S P O R T Y P A S S I O N S .**

**#ENJOY the JOURNEY!**

