

September Newsletter

Young Athlete Burnout

Burnout effects everyone, but young athletes are more prone to burnout due to the high stress demands of their sport, schoolwork, social life, and other commitments. It is important to foster an environment that promotes balance, support, understanding, goal setting, and encouragement.

It is important to keep an eye on your young athlete as emotional and physical exhaustion, feeling less accomplished, and lower engagement in sport are all characteristics of burnout.

Keep an eye out for signs of burnout like:

- Not having the same enthusiasm going to training
- Choosing to spend more time away from sport
- Feeling overly defeated after a loss
- Appearing disinterested or disengaged
- Stating desire to quit or having increased injuries.

To support you're your young athlete, ask open ended questions and support them if they express feelings of burnout. Help them set goals that are meaningful and achievable to help build resilience. Ensure they have time for rest and breaks to prevent overtraining, burnout, get proper recovery, and engage in interests outside their sport. Keep sports fun and an enjoyable outlet for them.

Help your young athlete develop and understand their support network.

If you are worried your young athlete may be experiencing burnout and you are unable to support them reach out to the Coaches at RSA, the RSC Wellbeing team and RISE Sports Psychology.

[Tips for Parenting Children in Sport](#)

