

Young Athlete Family Check In

A practical guide to growth, training and recovery

Use this sheet to start a conversation with your young athlete and their coach. Check in during busy weeks, periods of growth or changes in training. It is a conversation guide, not an injury prediction tool.

Four questions to ask

☐ **Pain and movement**

Is pain affecting training, movement or everyday activities? Is it recurring, or causing limping or a change in technique?

☐ **Sleep and recovery**

Is there enough time to sleep and recover? Teenagers aged 13-18 generally need 8-10 hours of sleep per 24 hours. Consider early starts alongside bedtime.

☐ **The whole training week**

Have club training, school sport, gym sessions or competitions increased? Include exams, travel and additional practice when discussing the week.

☐ **Enjoyment and confidence**

Does your young athlete still enjoy sport? Do they feel comfortable telling a coach or parent when they are sore, tired or worried?

Practical steps for the week

Keep a shared schedule and discuss overlapping demands with coaches. Build training gradually after a break. Match strength training to experience, with appropriate supervision. Protect time for regular meals, fluids and recovery. Plan days away from competition and sport-specific training.

When to seek assessment

Arrange an assessment for recurring pain, swelling, limping, difficulty with daily activities, or persistent fatigue and declining performance.

Seek prompt medical assessment for inability to bear weight, significant swelling or deformity after injury, pain with fever or feeling unwell, or unexplained pain at rest or at night.

Need individual guidance? Strides Performance supports young athletes with sporting pain, rehabilitation and physical development.

Strides Health Group

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General information only; individual assessment may be needed.

[1] IOC youth athletic development consensus (2015). Read. [2] AAP overuse injuries and burnout report (2024). Read.
Sleep guidance: AASM paediatric sleep consensus (2016). Read.