

Resources for Parents

Knowledge is a powerful tool that parents can use to keep their student athletes safe, healthy and optimizing performance. A number of resources can be utilized to support your student athlete. These include:

 [John Underwood/Life of an Athlete Website](#)

Official website of Life of an Athlete Human Performance Project

 [National Institute on Drug Abuse \(NIDA\)](#)

Provides research and science on drug abuse and addiction, resources for parents and links to other websites

 [Partnership for Drug-Free Kids](#)

Helps communities and families better understand and prevent teen drug and alcohol abuse with prevention, interventions, treatment, and recovery advice.

 [Parent Further](#)

On-line resource to help families strengthen relationships. A wide variety of topics for parents with children of all ages, including important milestones, high risk behaviors, and everyday parenting tips.