

Winter Community Seminar 'Parenting Young Athletes'

2/21 Marysville Early College High School Auditorium 7pm

Featured Speaker, Dr. Jen Carter. The Ohio State University

Please join Dr. Jen Carter of the Ohio State University, on February 21st for an informative discussion on parenting young athletes and promoting strong mental health.

Parents play a vital role in the athletic development of their children but we often forget that a strong mind is just as important as a strong body in achieving peak performance. A 2018 study identified that more than 20% of Union County student athletes in both middle and high school were at high risk for depression. Parenting is already complicated enough, but when adding in the pressures and expectations of athletic performance it can become overwhelming. We hope to discuss not only helpful parenting strategies for the positive mental development of young athletes but also to share the many local resources available to parents when help is needed.

Following Dr. Carter's presentation there will be time for Q&A.

While this program is open to anyone, we especially encourage parents with athletes grades 5-8 to attend.



Dr. Jen Carter's wonderful experience in the sport of swimming led her to dive into a sport psychology career. She was the NCAA Division III Swimmer of the Year in 1993 and a Honda Award Winner in 1994. At The Ohio State University Wexner Medical Center, Jen is the Lead Sport Psychologist at the Jameson Crane Sports Medicine Institute and Clinical Associate Professor at Psychiatry and Behavioral Health. In this role, she provides mental health and performance psychology counseling to OSU athletes, road warriors, sports medicine patients, clients with body image issues, and individuals in the community. Jen is a counseling psychologist with specialties in sport psychology and eating disorders. She strives to help adults and adolescents achieve peak performance in multiple life domains.

