Check the Athlete's Other Team Before Adding Another Session - working notes

One situation. Clear facts. An honest next step.

Ask about relevant commitments outside your own team before adding a session. Retain AAP's preference for one team per season and its advice against same-day practices or games across multiple teams; coordination alone does not establish a safe load.

Hypothetical example: An extra session conflicts with another team practice. The coach withdraws that addition and reviews how the teaching need can fit the normal program.

01 Your calendar is only part of the athlete's week

Check relevant commitments outside the team's own calendar.

Proposed additional work

Other relevant commitment

Private schedule source

02 Keep the pediatric guidance stronger than your workaround

Compare the proposed addition with applicable guidance and individual restrictions.

AAP guidance relevant here

Established restriction to follow privately

Question for qualified care

Check the Athlete's Other Team Before Adding Another Session - working notes / Review & follow-through

03 Change your own proposal before assigning the family a puzzle

Adjust the work you control and use appropriate adult coordination.

Adjustment within this program

Authorized adult coordination

Teaching need to meet another way

04 Give a clear answer about the session you control

Communicate the actual decision and review after schedule changes.

Actual session decision

Attendance communication

Changed schedule review trigger