



Baseball Canada Long-Term Participant Development



Stage 6: Train to Win (Ages 23+)

At this stage, athletes are competing at the highest possible level. Support shifts from development to sustaining performance, well-being, and life balance under intense pressure.

Parents of Male Professional Players (MLB)

Your son is now performing in a results-driven environment where performance is evaluated daily and public scrutiny is constant. While financial stability may be present, the emotional demands are significant.

- Celebrate the journey: Enjoy your child's opportunity to make a living playing a game they love at the highest level.
- Support through ups and downs: The major leagues come with daily performance pressures and public scrutiny. Offer steady encouragement, understanding their experience is unique and sometimes stressful.
- Help manage the spotlight: Be a safe space for your athlete as they handle media attention, fan expectations, and personal challenges.
- Promote balance: Remind them of the importance of rest, recovery, healthy habits, and staying connected with family and friends outside baseball.

Parents of Female International Players

Your daughter is competing at the highest international level, often with limited financial support and fewer professional opportunities. Family backing is therefore especially important.

- Embrace her achievement: Competing internationally is an incredible accomplishment—celebrate her commitment even if there is little financial reward.
- Provide emotional and logistical support: Elite female athletes often juggle intense training with limited resources. Your encouragement, practical help (like travel or fundraising), and belief are vital.
- Recognize unique demands: Understand that international competition involves high expectations with less external recognition. Be patient during challenging times.
- Encourage life balance and well-being: Help her prioritize self-care, education/careers beyond sport, and maintaining connections with community and culture.

Whether in professional leagues or on the world stage, your ongoing positivity helps your athlete stay resilient—and thrive in sport and in life.