



SportsParenthood

The podcast for rookie sports parents

Co-hosted by John and Tiffany Bonasera (pictured)

Our sports kids, Andie and Milla (pictured)



ABOUT SPORTSPARENTHOOD

We're sports parents

Our daughters, aged 16 and 13, are showing some potential in sport. Like many other sports parents, we're **currently in the trenches**, ferrying them from one training session and competition to the next.

We've been thrown into this gig with **no handbook**, just our own sporting experiences as a road map. It got us thinking: who could we lean on to get better at being sports parents? **Enter SportsParenthood.**

SportsParenthood brings together **thought-provoking conversations** with sportspeople, coaches and sports professionals with the aim of sharing **lived-experiences and stories** that'll help sports parents on the journey.

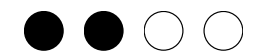
Currently, John works in the **National Rugby League (NRL)**. He has a degree in Applied Science/Sports Coaching. Tiffany is a former sports journalist, the **first female sports editor** employed by the WIN Television Network.

WHO'S OUR AUDIENCE?



Sports mums

Listening for inspiration, motivation and wisdom to help get through the ups and downs, and craziness of being a dedicated sports parent.



Coaches

Listening for different perspectives to help inform and influence their coaching approach, which is often grounded in recycled practices.



Sports dads

Listening for nuggets of information to help be a better sports parent, interested in hearing lived experiences rather than prescriptive how-to advice.



Athletes

Listening to stories from people who really 'get' sport and what they're going through (because often their own parents don't understand).

WHAT LISTENERS ARE SAYING

“

I really enjoy listening to you and totally identify with all of your topics. It almost feels like the conversations I would have with mates over a pub schnitty. :-)

–**Danealle Gilfillan**

“

Well done on making this podcast. It is just the listen that every parent of kids doing sport need to hear.

–**Nicole Dennis**

High-quality guests

Tracey Menzies-Stegbauer (right)

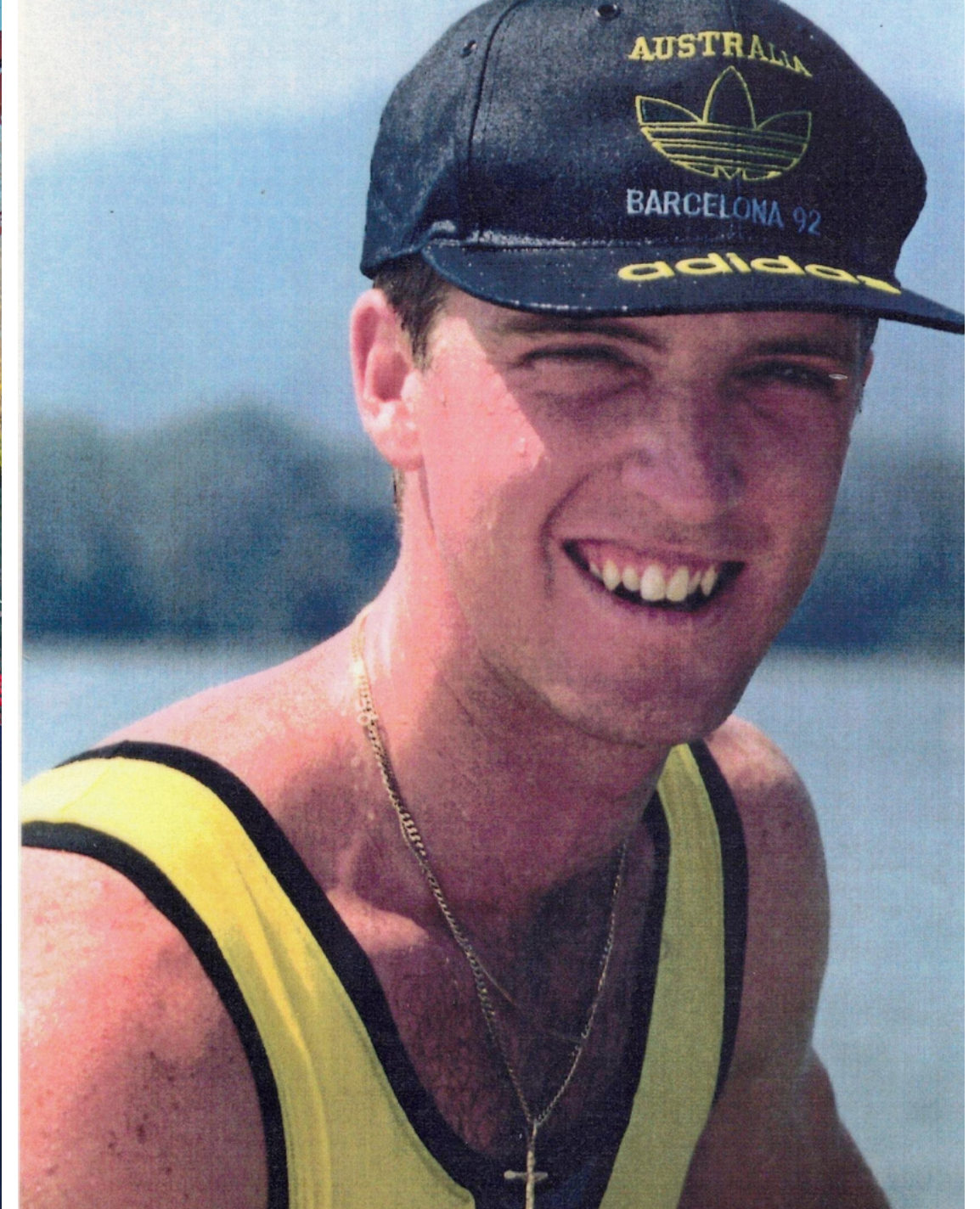
Known for coaching five-time Olympic champion, Ian Thorpe, Tracey Menzies talks about the importance of letting sports kids fail.

Jaime Fernandez (far right)

Three-time Olympian and silver medallist at the Sydney Olympics (men's eight) explains how the journey to the top level in sport isn't linear.

Tom Trbojevic (below)

Manly Warringah Sea Eagles and State of Origin fullback, Tom Trojevic, speaks about the influence of his parents on his rugby league career.



High-quality guests

Joel Thompson (right)

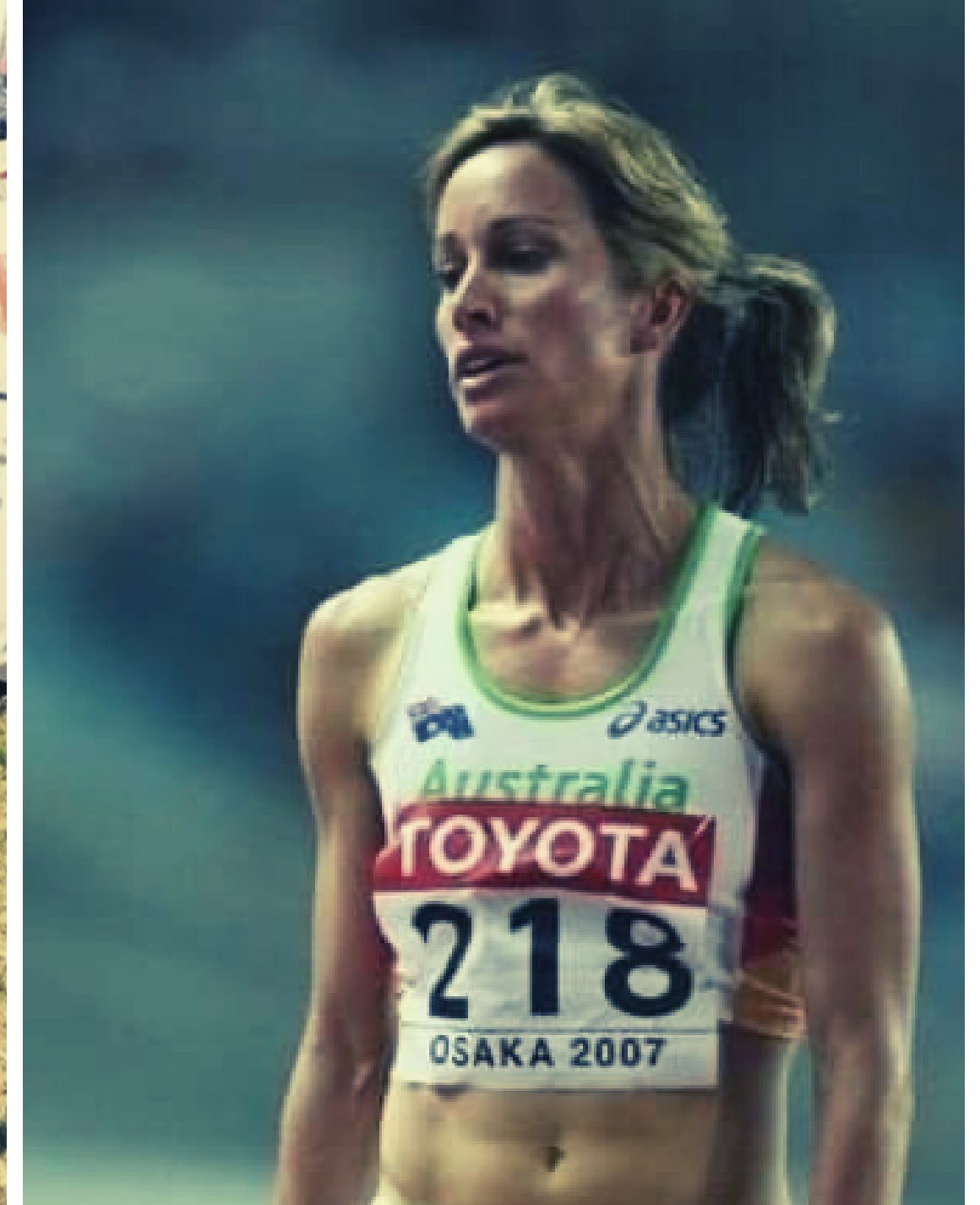
2020 Indigenous All-Stars Captain (rugby league), on how he used his "tough" childhood as his superpower.

Sarah Jamieson (far right)

Australian middle distance runner — three-time Olympian and Commonwealth Games silver medalist — on kids being "flogged".

Peta Carige (below)

Sports dietitian, Peta Carige, on why good nutrition is free speed and often the missing link in an athlete's performance.



01.
FIVE-STAR REVIEW

SportsParenthood has a five-star review on Apple Podcasts and is available for download on Spotify and Google Podcasts. Listeners can also hear each episode on the SportsParenthood website.

02.
GROWING COMMUNITY

The growing SportsParenthood community is highly engaged in the commentary on our Facebook and Instagram channels, with each episode shared through posts and stories.

03.
POSITIVE FEEDBACK

Most encouragingly, we receive many direct messages and personal text messages from listeners who value the information and entertainment in each episode.

A podcast for rookie sports parents.

*Sports
Parenthood*

GET ONSIDE

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