

### **Katie's story**

Katie was 15 years old and played for the county girls team. Her parents had never played golf, but both of them were very supportive of her golfing, especially her dad. He took her to practice and all the county training events. He watched her play in competitions and was always asking what her score was. When Katie had a bad round, he would get angry and say it was because she didn't practice enough or wasn't focused on the day.

Katie eventually felt like she couldn't even tell her dad if she didn't play well. In one competition, she changed her card to show a better score because she was scared of what her dad would say. She was disqualified from the competition.

The junior organiser spoke to Katie about what had happened, and Katie then felt able to explain about her dad. The organiser spoke to her dad, who hadn't realised he was putting her under so much pressure. Katie now feels more supported by her dad and the junior organiser.

**Do you ever feel scared of saying you didn't play well?**

**It is not OK for anyone to make you feel bad about the way you play. You should tell another adult if this is happening.**