

Parents in Sport Podcast



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Start Here — Your Listener Guide

*New to the podcast? This is where to begin.
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Welcome

The Parents in Sport Podcast is a monthly series of long-form conversations hosted by Gordon MacLelland, CEO and founder of Working with Parents in Sport.

Over seven seasons and 60 episodes, Gordon has spoken with Olympians, World Cup winners, bestselling authors, national coaches, sport psychologists and parents from across the sporting world.

Every episode addresses a topic that matters to sports parents and coaches right now, from managing sideline behaviour and talent development to resilience, nutrition, sleep, mental health and the parent-coach relationship.

If you are new to the podcast, this guide will help you find the episodes most relevant to where you are right now.

Start With These Five

Not sure where to begin? These five episodes give you the broadest introduction to what the podcast entails and they are among the most listened-to episodes across all seven seasons.

1. The Long Win – Rethinking Success in Sport and Life

A conversation with Cath Bishop – Olympic rowing silver medallist, diplomat and author of The Long Win. One of the most thought-provoking conversations in the series about what winning really means, and why redefining success is one of the most important things you can do as a sports parent.

- [Listen →](#)

2. Do Hard Things – Raising Resilient Young Athletes

A conversation with Steve Magness – performance scientist and bestselling author. A masterclass in how to build real resilience in young people, and the difference between pushing children and supporting them.

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3. Engaging Parents Early and Working Together Effectively

A conversation with Stuart Lancaster – former England rugby head coach and now senior coach at Connacht. A hugely practical episode for parents and coaches alike on what a genuinely collaborative relationship looks like.

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4. Navigating the Journey from Grassroots to Professional Football

A conversation with Marcia Lewis, parent of Arsenal and England footballer Myles Lewis-Skelly. An honest, personal account of what the academy journey looks like from a parent's perspective, and the lessons learned along the way.

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5. The Sports Parenting Journey

A conversation with Denise Lewis OBE — Olympic heptathlon champion. The episode that launched the podcast in 2020 and remains one of the clearest statements of what the series is about: understanding sport from the athlete's perspective, so we can be better parents.

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Find Your Topic

Already know what you are looking for? Here are curated episode recommendations by topic.

Season 1

[The Sports Parenting Journey – A conversation with Denise Lewis OBE](#)

[Coaching Your Own Children – A conversation with Liz McColgan](#)

[The Role of Clubs and Coaches in Supporting Parents – A conversation with Scott Hann MBE](#)

[Sports Parents and the Role of Clubs and Coaches – A conversation with Tanni Grey-Thompson](#)

[Creating Positive Environments for Young Athletes – A conversation with Kevin Mannion](#)

[Coaching Your Own Children – A conversation with Len Busch](#)

Season 2

[Sports Parenting and the Unique Challenges It Provides – A conversation with Gail Emms](#)

[Sports Parenting and the Challenges It Provides – A conversation with Gavin Grenville-Wood](#)

[Coaching Your Own Children – A conversation with Zak Jones](#)

[The Long Win – Rethinking Success in Sport and Life – A conversation with Cath Bishop](#)

[The Best – How Elite Athletes Are Made – A conversation with Tim Wigmore](#)

[The Good, the Bad and the Ugly of Sports Parenting – A conversation with Steve Sallis](#)

[Coaching Your Own Children – A conversation with Jo Davies and Jurgen van Leeuwen](#)

[Supporting Our Daughters and Young Females in Sport – A conversation with Martha Lourey-Bird](#)

[The World of Squash and Raising a World Champion – A conversation with Laura and Daniel Massaro](#)

[Sports Parenting in the World of Gymnastics – A conversation with James Porter](#)

Season 3

[Sports Psychology and the Importance of the Parent-Child Relationship – A conversation with Dr Josephine Perry](#)

[Safeguarding, Child Abuse and Protecting Our Children in Sport – A conversation with Paul Stewart](#)

[Gambling, Gaming and Protecting Young People – A conversation with Patrick Foster](#)

[Match Day, Competition and the Parent's Role – A conversation with Dan Abrahams](#)

[Managing Injury and Recovery in Young Athletes – A conversation with Dr Suzanne Brown](#)

[High Performance Environments – A conversation with Danny Kerry MBE](#)

[The True Athlete – Values, Identity and Wellbeing in Sport – A conversation with Laurence Halsted](#)

[Strength and Conditioning for Young Athletes – A conversation with Des Ryan](#)

[Engaging Parents Early and Working Together Effectively – A conversation with Stuart Lancaster](#)

Season 4

[Do Hard Things – Raising Resilient Young Athletes – A conversation with Steve Magness](#)

[Women's Sport Psychology and Supporting Young Female Athletes – A conversation with Dr Kate Hays](#)

[Supporting Our Children to Sleep Well for Better Performance – A conversation with James Wilson \(The Sleep Geek\)](#)

[Talent Development and the Path to Elite Sport – A conversation with Dr Joe Baker](#)

[The Learning Pit – Understanding How Our Children Learn and Develop – A conversation with James Nottingham](#)

[Raising Intrinsically Motivated Young Athletes – A conversation with Reed Maltbie](#)

[High Performance, Character Development and Self-Advocacy in Young Athletes – A conversation with Rachel Vickery](#)

[Being a Role Model and Supporting Our Daughters on Their Sporting Journey – A conversation with Phoebe Schecter](#)

[Managing Social Media and Building Positive Phone Routines with Young Athletes – A conversation with Larissa Mills](#)

Season 5

[Motivational Interviewing – Enhancing Conversations with Our Sporting Children – A conversation with Orla Adams](#)

[Being a Champion Teammate – What It Means and How Parents Can Help – A conversation with John O'Sullivan](#)

[The Complexities of Being a Sports Parent – A conversation with Catherine Baker](#)

[High Performance and Sports Parenting – Lessons from the Kitchen – A conversation with Tom Kitchin](#)

[The Young Athlete's Perspective – Understanding What Our Children Experience – A conversation with Graham Turner](#)

[Supporting a Healthy Identity in Our Sporting Children – A conversation with Rebecca Levett](#)

[The Positives and Perils of Perfectionism in Young Athletes – A conversation with Lewis Hatchett](#)

[Drop the Struggle – Acceptance and Commitment Therapy for Sporting Parents – A conversation with Dr Alison Maitland and Jenna Ashford](#)

[The Olympic Games, High Performance and Supporting Young Athletes – A conversation with Chris Shambrook](#)

[Navigating the Journey from Grassroots to Professional Football – A conversation with Marcia Lewis](#)

Season 6

[High Performance, Sports Parenting and Lessons from a Lifetime in Sport – A conversation with Lewis Moody](#)

[Reflections from a Lifetime in Sport – Performer, Psychologist and Parent – A conversation with Katie Mobed](#)

[Supporting Mental Health in Young Athletes – A conversation with Richard Elliott](#)

[Creating the Best Environments for Young Female Athletes to Thrive – A conversation with Ivi Casagrande](#)

[Technology and Talent – Supporting Young People's Performance in the Digital Age – A conversation with Beth Kerr](#)

[The Athlete's Journey – Lessons for Parents Supporting Young High Performers – A conversation with Molly Sacker](#)

[Deselection, Release and Transition – Supporting Young People Through Setback – A conversation with Stephanie Burge](#)

[Developing Mental Skills in Young Athletes – A conversation with Elliott Newell](#)

[Developing Confidence, Self-Esteem and Self-Worth in Young Athletes – A conversation with Barry Collie](#)

[Financial Fitness – Helping Young Athletes Thrive with Their Finances – A conversation with Kristen Cunliffe](#)

Season 7

[Working Together as a Parent Team to Support a Young High Performing Athlete – A conversation with Danny and Kate Cowley](#)

[The Way of Excellence – What Sustainable Excellence Looks Like for Young Athletes – A conversation with Brad Stulberg](#)

[Nutrition – Supporting Young Athletes Through Proper Fuelling – A conversation with Kate Shilland and Fran Taylor](#)

[Breathwork for Junior Athletes – How Breathing Supports Performance and Wellbeing – A conversation with Jack McMillan](#)

[Supporting Teenage Boys to Fulfil Their Potential in and out of Sport – A conversation with Rick Cooper](#)

[Supporting Gen Z and Gen Alpha to Thrive in and out of Sport – A conversation with Betsy Butterick](#)

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Find All Episodes

The complete episode archive featuring all episodes across 7 seasons is available at:

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