



Play Like A Champion Today® Parent Note

Welcome back to a new school year and sports season! Twice monthly, Play Like A Champion Today® will send a "Parent Note" through email which is a reminder of one aspect of the "Parent Like A Champion" philosophy. Athletic Directors, we encourage you to forward this note to all your sport parents through email, post the note on your athletic website and/or make the note available to your parents in hard copy to keep the "Champion" philosophy fresh for all those involved in the sport experience.



"The important thing is not how much we accomplish, but how much love we put into our daily deeds every day. That is the measure of our love for God."

~Mother Theresa

Sept 4: Parent Like A Champion Focus: Champion Sport Parenting

At the beginning of a new sports year, we want to remind Sport Parents to be involved in a positive and constructive way in your child's sports. We all want our children to be champions in sport and in life. We as sport parents can be CHAMPIONS as well in our attitude and approach to youth sports.

This year can have a positive (or negative) impact on your child's development. Remember that what you say and do – during the game, in the car on the way to and from the game, to the coach, to referees, at home – affects how your child takes in the experience of his/her team. Youth sports are about physical skill growth, character development and learning the value of teamwork. Parents, coaches and administrators should work together to be on the same page **for the benefit of the**

athletes. Remember everyone has roles in the sport environment: Coaches are there to give instruction, build motivation and teach virtue to **every** child on the team. Parents should love and encourage their children to have fun on the playing field and to model respectful behavior (to coaches, opponents and officials). Officials hold an essential role as keepers of the integrity of the game.

- Remember the **GROW** approach to Athlete Development: **G**oals + **R**elationships + **O**wnership = **W**inning.
- Help your child set achievable personal **GOALS** for the season and a plan to reach those goals.
- Build positive **RELATIONSHIPS** with your child's coach and teammates, the other team parents, opponents and officials.
- Allow your child **OWNERSHIP** over his/her play. The game is for the athletes, not the adults in the gym.
- Keep **WINNING** in the proper perspective. It is exhilarating to win, but when it becomes the only goal in sport, our focus is much too narrow.
- Communicate positively with your child and his or her coach so you all have the same goals in mind for the season.

Following these simple guidelines can help to make this a great year for your child in sport. We look forward to bringing these Champion Parent Notes to you twice monthly.

You can be a Champion Sport Parent **TODAY.**