



Champion Parent Focus: Be Positive this Sport Season

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. All of our children can become 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 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.

Help your child:

- Set achievable **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. Sports are for the kids, not the adults.



"Do you know what my
favorite part of the
game is?

The opportunity to play."

- Mike Singletary

- 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 you and your child in sports.

We look forward to bringing these Champion Parent Notes to you twice monthly throughout the school year. You can be a Champion Sport Parent **TODAY!**

Our wishes for a terrific 2012 sports year!