



Champion Parent Focus: Winning Through Sport

Champion Sport Parents can help their child athletes to grow and develop through their sport experience when they focus on G+R+O=W, Goals + Relationships + Ownership = Winning. This Champion Parent Note is the fourth in our four part series on GROW. It covers the "Solution" to the GROW approach to Champion Sport Parenting: Winning Through Sport.

When your child's team wins a game, how do you react?

When your child's team loses a game, how do you respond?

Reflecting on these questions can be very revealing since we as sport parents must control our emotions and understand the big picture when it comes to "winning" in sport. Winning the contest is the end goal of all sport competition. Yet...as a Champion Sport Parent, the final score or outcome of the game should never be the central focus in your family. Enlarge your vision and focus on helping your child develop into a stronger athlete, a cooperative teammate and a well-rounded individual. Success and winning are byproducts of hard work, teamwork, sacrifice and skill.

Parental Tips:

- Always support your children, whether they win or lose;
- Praise athlete effort and hard work over game outcome;
- Help your child be cordial in winning and gracious in losing;



Manger Scene at the Grotto of our Lady of Lourdes on Notre Dame's campus

"For to us a child is born, to us a son is given. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."

~Isaiah 9:6

Merry Christmas!

The archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.

- When a loss occurs, help your child process it appropriately and set goals to increase performance for the next contest; and
- Pray in thanksgiving before and after practices and games for the ability to play helping to keep the whole sport process in the proper perspective.

Certainly, we all love to win! Champions always play to win, but understand that both winning and losing are part of the game we love. In fact, if we have the proper perspective, "losing" can be a "win" if we understand the value of the loss and what we can take away from it.

As we and our children encounter "losses" in our lives, we must ultimately remember that our strength comes from God. We can bring our own experiences to sport parenting to help our children learn values through competition such as: perseverance, teamwork, selflessness, and working for the common good. In doing so, we help our kids (and ourselves) to learn that the "Real Victory" comes from the "Eternal Life" granted to us by our Heavenly Parent.

Let your bending in the archer's hand be for gladness.

For even as He loves the arrow that flies, so He also loves the bow that is stable."

~ Kahlil Gibran