

## Parenting Your Child in Sports

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## Why Kids Play Sports

- To learn new skills
- To improve learned skills
- To feel the excitement of competition
- To be with friends
- To make new friends
- To succeed or win
- To exercise or get fit
- To have **FUN**



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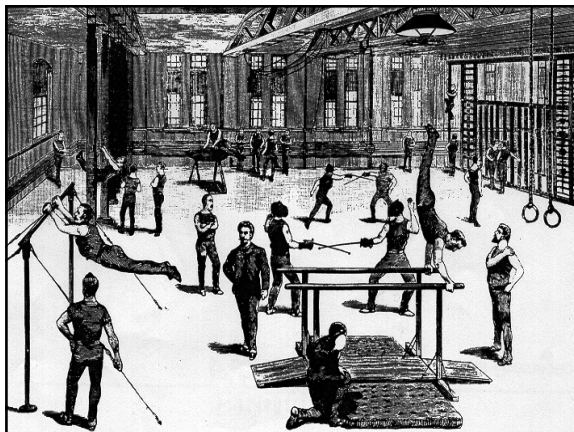
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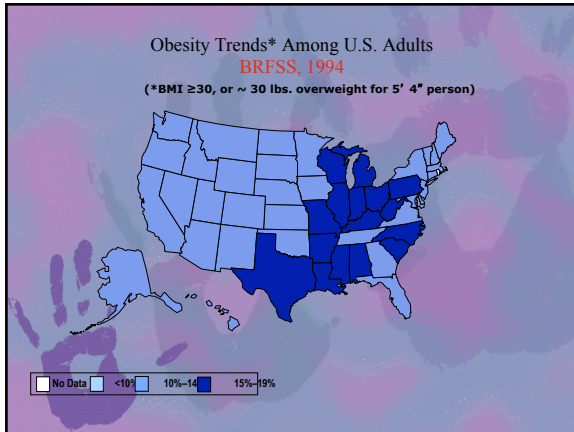
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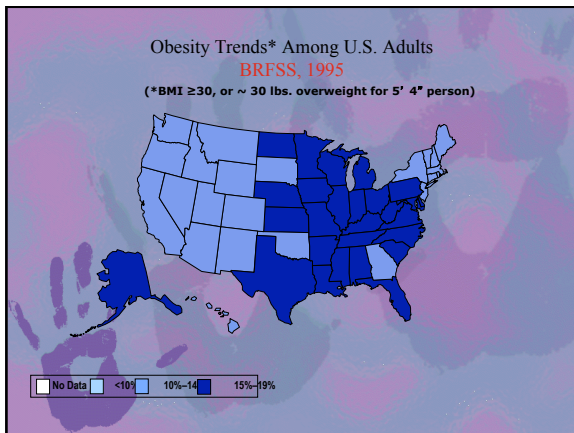
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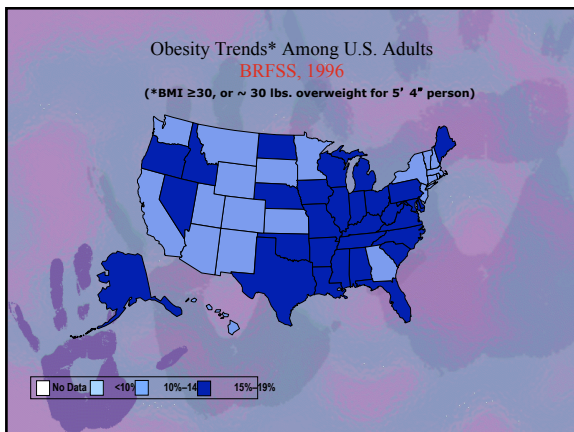
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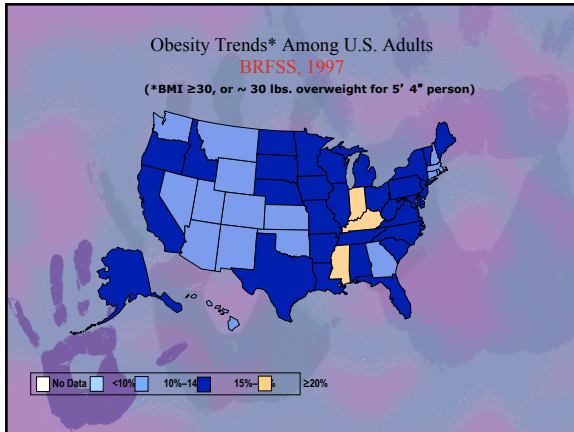
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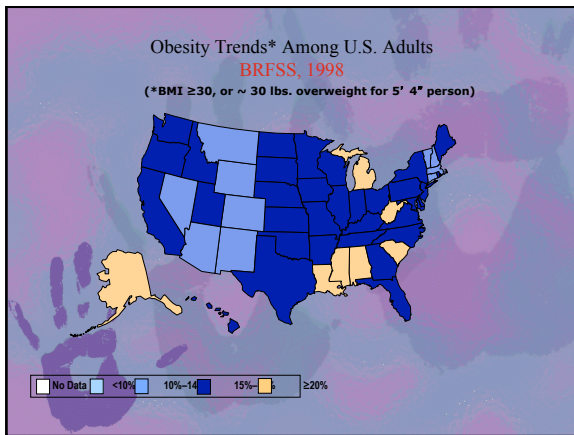
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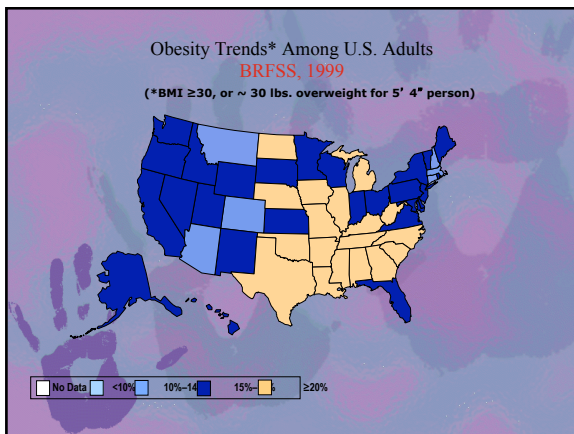
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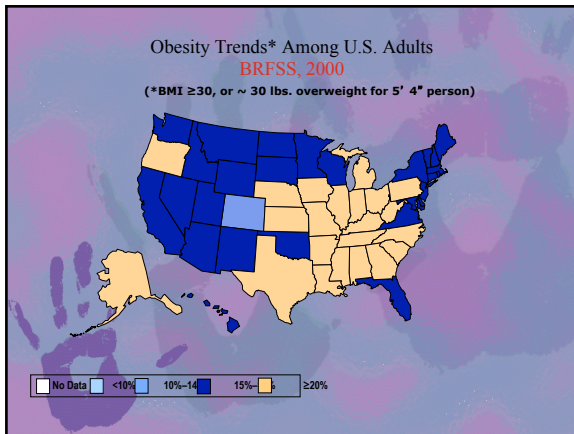
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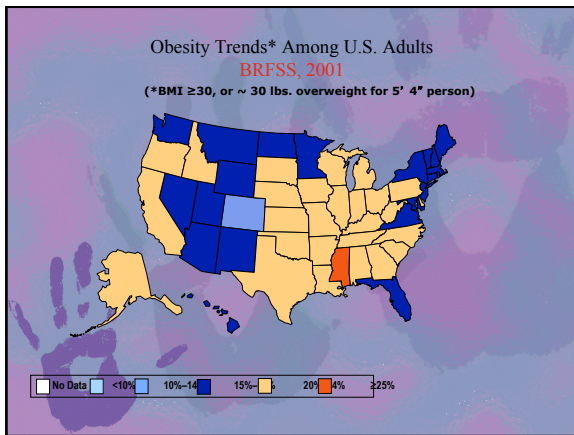
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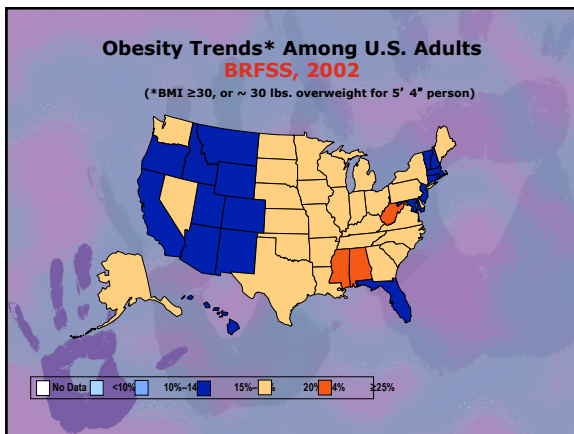
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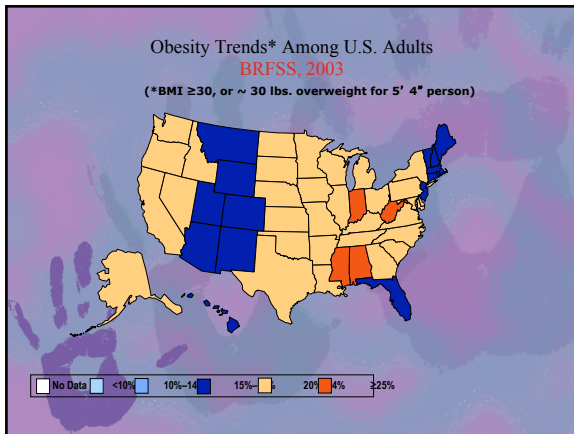
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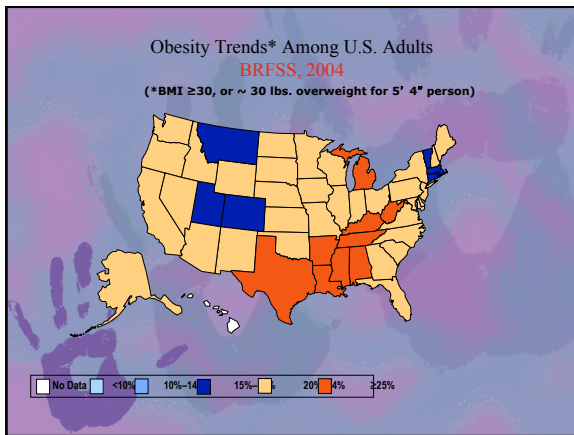
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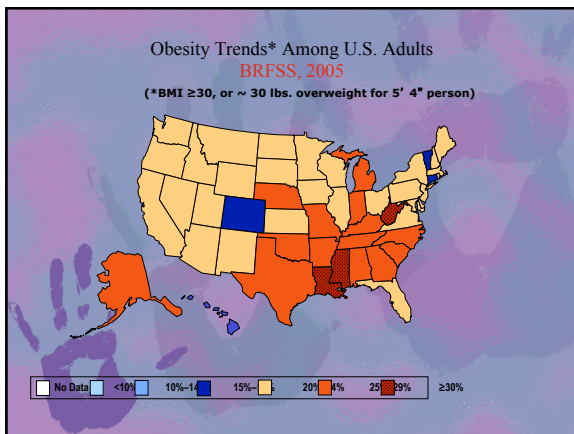
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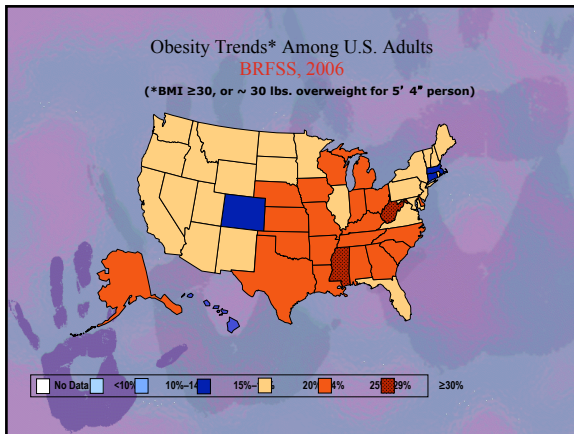
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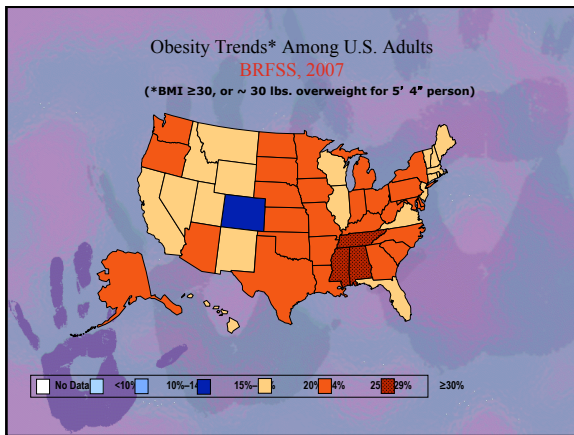
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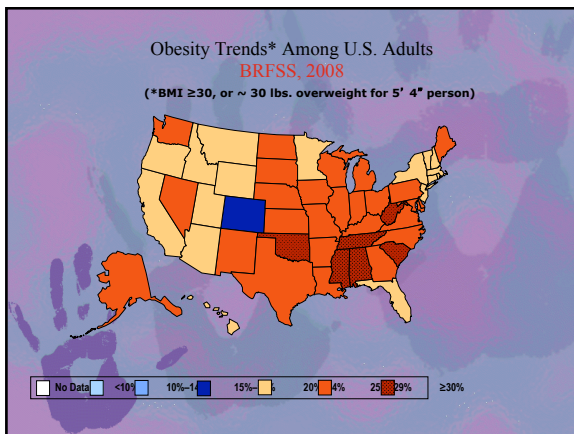
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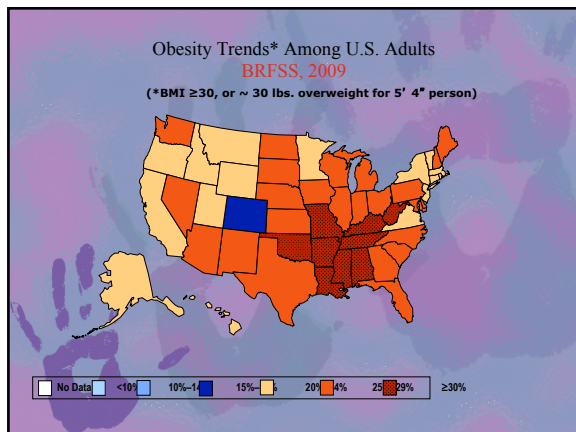
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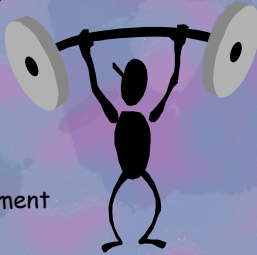
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### Benefits of Sport Involvement

- Appreciation for active lifestyles
- Positive self-concept
- Team work
- Social skills
  - Peers
  - Others
- Managing success
- Managing disappointment
- Respect



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### Why Kids Quit Sports



- ✓ Conflict of interest
- ✓ Lack of playing time
- ✓ Lack of success
- ✓ Little skill improvement
- ✓ Injuries
- ✓ Overemphasis on winning
- ✓ Competitive stress
- ✓ Too much criticism
- ✓ Lack of fun

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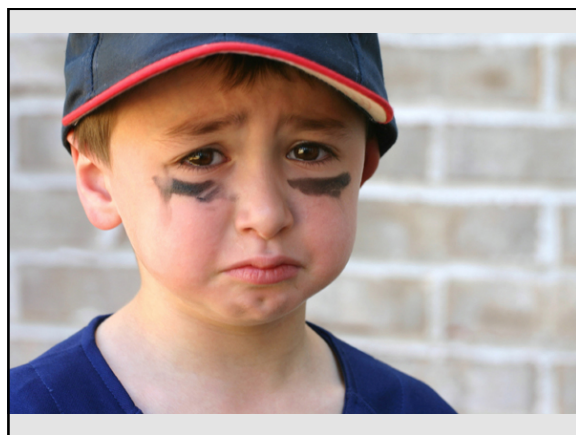
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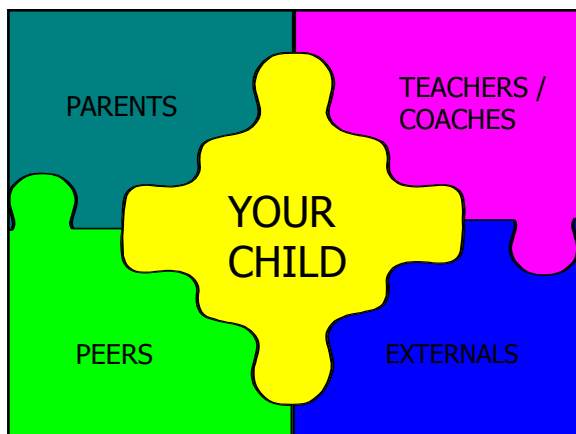
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### Helping Your Child Choose an Activity

- Talk to them
  - Draw a picture
- Do an “Interest Inventory”
- Narrative modeling
  - Explain your participation
- Directed engagement
  - Take them to a “game”
- Ask them!



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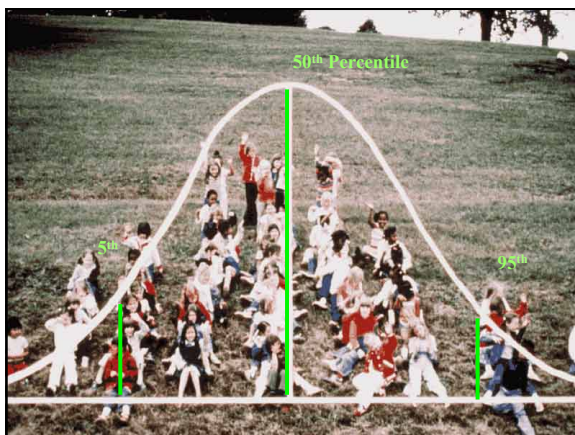
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- Instinct / Reflex Actions
- Stages of Development
  - Naming
  - Describing
  - Comparing
  - Analyzing
  - Abstracting
- Phases and Milestones
  - Physical
  - Cognitive
  - Social / Affective

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**Temperament**

- Passive-Aggressive
- Depressive
- Masochistic
- Dependent
- Narcissistic
- Antisocial
- Borderline
- Cyclothymic
- Obsessive-Compulsive
- Avoidant
- Paranoid
- Histrionic
- Sadistic
- Schizoid
- Schizotypal
- Compensatory Narcissistic

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**Learning Styles**

- Kinesthetic
- Visual / Spatial
- Musical
- Linguistic
- Logical / Mathematical
- Intrapersonal
- Interpersonal

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**Balance**

**Physical Readiness**      **Mental Readiness**

**Emotional Readiness**

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### Rights of a Young Athlete:

- To participate in sports.
- To participate at a level commensurate to their maturity and ability.
- To have qualified adult leadership.
- To an equal opportunity to strive for success.
- To share in the leadership and decision-making.
- To play as a child and not as an adult.
- To participate in safe and healthy environments.
- To be treated with dignity.
- To have fun.



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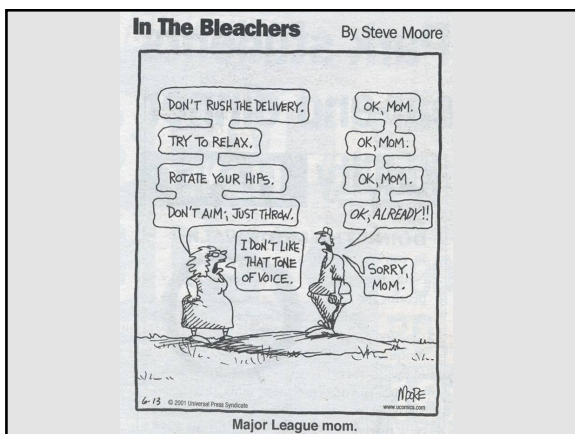
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**Responsibilities of the Parent**

- Accept requirements of participation.
- Identify your goals.
  - Help your child select their goals -
- Support/encourage your child.
- Keep your priorities in order.
  - MAINTAIN PERSPECTIVE !
- Communicate with coaches.
- Create a positive culture.



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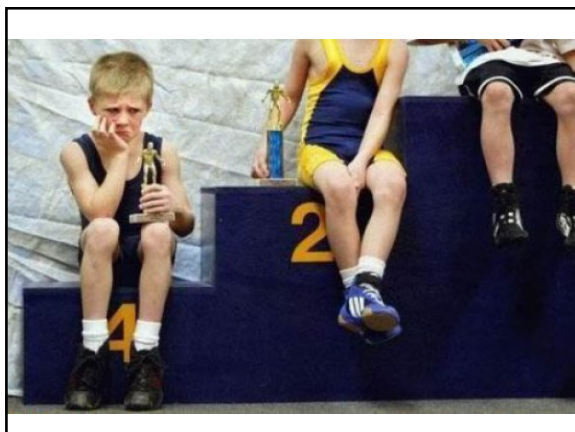
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### Empowering Conversations

- Conversation among Equals
- Adopt “Tell-Me-More” Attitude
  - “I really want to hear what you have to say”
- LISTEN!
  - Listening is a gift to give
  - Ask rather than tell
  - Open-ended questions
- Let your child set the terms
  - Follow the child’s emotional schedule
  - Connect through activity
  - Silence is OK
- Enjoy



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### Soccer-Parent Coach



*“O.K., big cheer here, but nothing that might be construed as pressure. Quiet now, but a supportive quiet. Watch your body language.”*

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### Parents Workshop

Role Playing Scenario

Your child had a chance to win the competition, but fell on her last scoring attempt.

The team LOST.

The game is over; the coach has talked to the team, and it’s time for you to go home.

**What do you say?**

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**Parents Workshop**  
Role Playing Scenario

Your child had a chance to win the competition, and succeeded on a last-second scoring attempt.

The team **WON!**

The game is over; the coach has talked to the team, and it's time for you to go home.

**What do you say?**

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**Warning Signs of Poor Coaching**

- Physically or verbally abuses athletes.
- Criticizes players rather than behaviors.
- Uses or ignores profanity.
- Won't listen to parents.
- Argues with referees or officials.
- Allows cheating.
- Ignores less skilled players.
- Makes winning the only goal.



*Coaches must provide safe, enjoyable, and beneficial sport experiences for children.*

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### How To Approach A Difficult Coach



- Observe behavior personally.
- Try to understand.
- Do not focus on a single event.
- Talk privately.
- Do not threaten.
- Be specific.
- Talk to a supervisor if you are not satisfied that conduct will change.

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### Parents Workshop

Role Playing Scenario

You are watching your child compete. A judge gives a questionable score to another athlete.

One of the parents of a gymnast on your team is outraged by the score and begins to yell at the official.

**What, if anything, do you do?**

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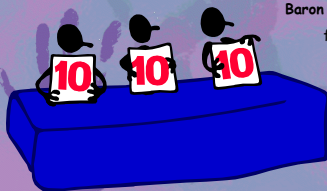
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### Olympic Creed

❖ *The most important thing is not to win but to take part... not to the triumph but the struggle. The essential thing is not to have conquered but to have fought well.*

Baron Pierre de Coubertin  
founder of the Modern Olympics



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**THE BEGINNING**

**Additional Resources:**

- American Sport Education Program ([www.asep.org](http://www.asep.org))
- National Alliance of Youth Sports / Parents Association for Youth Sports ([www.nays.org](http://www.nays.org))
- Positive Coaching Alliance ([www.positivecoach.org](http://www.positivecoach.org))

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