

# The Parent's Role in Athletics

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The information presented is based on feedback from student-athletes.

## Before the First Game

Questions (answer them then have child answer them)

- Why do you play?
- What will you consider a successful season?
- What role do you expect to play?
- Goals?

Shared expectations – see the big picture

Meet their needs, not yours – **Drop your expectations/goals and accept theirs!**

## Release the athlete – the game and the experience belong to them

To the team

To the coach

Trusting them with experience

## Signs you haven't released your child to the game:

If you feel "WE won, WE played well"

If you try to solve problems before they become an issue

If you suffer from losses longer than the kids

If you yell at officials

If your spouse doesn't want to sit with you at the game

If you coach your kids from the stands

Sports should only be a small part of our relationship with our child – especially during the season.

Reasons kids play sports – fun, joy friends

## **During the Game**

1. Be there
2. Model appropriate behavior
3. Focus on the team
4. One instructional voice (don't make your child choose between your voice and the coaches' voice)
5. Four roles – choose one: player, coach, official, spectator

Anxious parents = stressed out kids

## **After the Game**

Kids need:

- time and space to recover
- more approval than advice
- save your analysis
- let them bring the game to you
- value not tied to performance
- be a confidence builder

## **The best things to say to your child before or after a game:**

BEFORE: "I love you." "Have fun." "Play hard."

AFTER: "I love watching you play."