



The Role of the Parent

BE A ROLE MODEL!

REMEMBER: Athletics is a time for the kids!

1 out of 6 children in America are Obese!

70% of kids quit sports by the age of 13 because of the pressure and the role of the parent!

Before Competition:

As a parent ask yourself the following questions:

1. Do I want my child to play? If so, why?
2. What will be a successful season for me as a parent?
3. What are my goals for my child?
4. What do I hope my child gains from this experience?
5. What do I think their role will be on the team?

Once you have answered your questions as a parent, ask your child the following questions:

1. Why are you playing?
2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

If the parent's answers are different from their child's, the parent needs to drop their and accept their child's!

Before competition, the parent must release their child to the game and the coach.

A few Points to remember:

1. Athletics is the best place for young people to take risks and to fail.
2. Parents don't want their children taking risks with cars, drugs, and sex.
3. There is no downside for allowing a young athlete to take a risk and fail in a game or practice.

During Competition:

1. Parents need to model appropriate behavior.
2. Parents need to focus on the team and the team's goals.
3. During the game the athlete should only have one instructional voice.
4. A parent has the opportunity to choose one of four roles during a game:
 - a. Spectator
 - b. Athlete
 - c. Official
 - d. Coach

CHOOSE ONE!

After Competition:

When it comes to an athlete recalling their least enjoyable memory, many athletes will name "after the game" and often specifically "after the game in the car with parents."

In this situation, this is often when:

1. Confidence is cut.
2. Confrontation.
3. Confusion for the athlete.

What an athlete needs most at this time is a PARENT and not another Coach!

A few comments from a parent that can always be sincerely said and received by any athlete are:

1. I love watching you play
2. I love watching you being a part of a team.
3. I am so proud of you.

Conclusion:

Before Competition:

Know their goals, roles and needs, and accept them.
Release them to the game, their coach and team.

During Competition:

Model poise, confidence and correct behavior!
Focus on our team.

After Competition:

Give them all the time and space they need.
Be a confidence builder.

For More information on our Champions of Character program center please contact:

Jimmy Dent
Champions of Character Coordinator
714-556-3610 ext: 281
jdent@vanguard.edu