

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Parent Note

Educating and Forming Champion Parents

One Extra Degree

Tomorrow is February 12th. It is a reminder day of how much difference a little extra effort can make in the pursuit of excellence. There are entire leadership workshops and books focused on tomorrow's date, 2/12.

The case goes like this: the temperature for boiling water is 212 degrees. At 211 degrees, water is very hot. At 212 degrees, water boils -- and boiling water produces steam -- and steam can drive engines and locomotives, etc. So notice how much is accomplished with one extra degree of heat.



This demonstrates how much more we all might accomplish with one extra degree of effort in all aspects of our lives. The average margin of victory in an athletic event is often very close, one point or a fraction of a second. As parents, we can encourage our child athletes to put forth extra physical effort in practice to improve their skills. We also can remind our athletes to put forth extra effort by being a supportive teammate, by having a more positive attitude in practice, or by paying closer attention to the coach's instruction.

When you wake up tomorrow on 2/12, share with your young athletes the story of this one extra degree. Then...

- Have your children identify exactly how they can put forth extra effort in the classroom and in their sport.
- Inquire how they can put forth one extra degree of effort in being a good teammate.
- Ask them how they can be more attentive in practice and elevate their attitude with one extra degree of effort.
- Invite them to remember a time when extra effort made a difference for them and their team and share a personal experience of how extra effort impacted your life.
- Encourage persistence and resiliency in all your child's endeavors, especially when they are facing challenges.

Parents, remember to emphasize the process of the sport *experience* rather than just the outcome (i.e. the score of the game or league standings). Remind your athletes the value of giving one extra degree of effort in order to reach their goals in sport and in life.

(AND YOU MIGHT WANT TO REMIND YOURSELF OF THIS AS WELL!).

How Mindset Matters



In [Mindset: The New Psychology of Success](#) Carol Dweck presents her research that it is not simply our abilities or talents that bring us success, but the mindset with which we

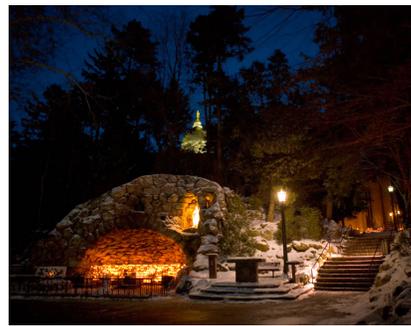
approach our goals. A person with a growth mindset understands that with effort and perseverance, one can grow and develop. Those with a growth mindset also look at setbacks as learning opportunities and at feedback (from coaches or parents) as an opportunity to improve. An important application of this research for sport parents is that we should be careful to not praise our child's athletic *abilities*, but rather encourage qualities like hard work, persistence and a positive attitude in the face of challenges.

Sport parents should also instill a belief in their young athletes that they can get better. When athletes believe they can improve, it inspires them to put forth the work to improve and growth can occur *over time*. Remind your child - and yourself - that it does take time. Your athletes will get a little better in a week, but with sustained training and focus, just imagine how much better they will get in a year.

If you suspect your child is struggling to believe in their ability to grow, try to find out what fear they have that is holding them back from this self belief. Helping your athlete overcome fear and doubt will go a long way to helping them develop in athletics and the classroom. The video above is a great reflection on how sport parents can apply Dwek's research to help build a growth mindset in their children.

Feast of Our Lady of Lourdes

On February 11, 1858, Our Lady first appeared to 14-year-old Bernadette Soubirous in Lourdes, France at a place that would become the grotto of Our Lady of Lourdes. Our Lady appeared 16 more times to Bernadette, with some appearances accompanied by miracles. In 1992 Pope John Paul II instituted the World Day of the Sick to be held on this date. Today, thousands go on pilgrimage to this holy place each year with many healings reported after visits. A replica of the Lourdes Grotto can be found at the University of Notre Dame where students, faculty and visitors gather daily to lift their prayers of intercession to Mary.



Prayer: *Mother Mary, may we look to you for inspiration in our role as parent. Help us to always be fully loving, gentle in our corrections and supportive of our child's entire journey. Guide us in understanding the whole picture of our child's development rather than simply focusing on their accomplishments. Inspire us in standing by our children in their times of greatest sorrow and defeat, as you did with Jesus when he had to endure the cross for our salvation. Help us to not be down-hearted by the challenges our children face, but to love them fully so they may endure supported by your grace. Holy Mary, Mother of God, pray for us to raise our children strong in faith and firm in good works. Amen.*

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