

**PLAY LIKE  
A CHAMPION  
TODAY**

Character Education Through Sports

# Champion Parent Note

Educating and Forming Champion Parents

## New Year's Resolutions

The beginning of a new year (or decade!) provides an excellent time to reflect on our involvement in our child's sports journey. We all want our child to be a *champion* in sports and life. As sports parents, we can be *champions* as well in our attitude and approach to this important area of our child's development. We invite you to take a moment to reflect on the journey so far and to make some resolutions for how you will approach this moving forward.



Consider the following questions as you take stock of your child's past experiences:

- How has my relationship with my child grown in the past year? How is this affected by their athletic experience?
- Has my involvement in my child's sports been positive? Do I offer support and encouragement or do I focus on critiquing their performance? Am I proud of my behavior and attitude when attending games?
- Consider each child & sport separately. Is my child enjoying their experience? Do they come home from practices and games excited about the next one? Are either parents or child stressed or burned out from an activity?
- What has been my greatest joy in watching my child participate in sports this past year? My greatest disappointment? What do I think has been my child's greatest joy and disappointment?



Now think about how you would like to move forward in 2020. Consider what the *Play Like a Champion* approach says about becoming a *champion* sports parent. How can you continue to be a positive and encouraging presence in your child's sports journey? What can you do to encourage them to **GROW** in the coming year? Ask yourself these questions:

- How can you help your child set **Goals**?
- What can both you and your child do to build positive **Relationships** with each other and with coaches as well as teammates or fellow parents?
- How can you encourage your child to take **Ownership** of his/her experience?
- How can you encourage a healthy perspective on **Winning** with your child and within your community of sports parents?
- How can you bring God into your child's sport experience praying in gratitude for the opportunity to participate.

Through positive support and encouragement, parents can help children to grow and develop into champions both in sports and as people. Here's wishing you a Happy New Year and all the best in the months ahead!

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## What Does the Future Hold?

As a sports parent, it can be tempting to think far into the future, considering how your child's involvement in youth sports will lead to a coveted spot on a high school team or perhaps a college scholarship. In fact, much of the nearly \$17 billion youth sports industry is geared toward convincing families they need more, from equipment to training to select clubs and travel teams. But as popular author/blogger [Jennifer Folsom points out in a recent article](#), this can easily cause families undue stress and burnout, while making sports less fun for kids. Instead of getting swept up in the race, Folsom suggests taking a step back and considering the end goal, as well as your family's priorities. She points to [statistics released by the NCAA each year that demonstrate the probability of kids competing in college](#) (even fewer get scholarships). Spoiler Alert: the chances are incredibly low, even for Division III. We suggest that parents click the above links to read Folsom's ideas and consider the odds, then evaluate your own child's athletic experience to make sure it remains positive and fun for everyone involved TODAY.



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## Prayer/Scripture for Parents



Dear Lord, I praise you for the dormancy of wintertime. May I use these days to reflect upon my many blessings, namely the incredible gift of my children. Guide me Lord in being a positive role model for my children. In particular help me to model respectful relationships within the sport arena. Help me to encourage all the athletes on my child's team and the other team; remind me to be respectful of the officials; guide me in welcoming our opponents to the contest.

Lord, you are within me and within all around me. Give me the grace to be kind, loving and giving to all those in the athletic arena as I live and model justice for my child athlete. Amen.

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