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PLC Champion Parent

Focus: G=Goals + R=Relationships

Today, we will begin a two part series on Play Like A Champion Today®'s GROW approach to develop high performance athletes AND people of character.

GROW stand for:

Goals + Relationships + Ownership = Winning

GROW is based upon Self-Determination Theory which is a psychological theory of human motivation that shows when people feel competent (set and achieve **Goals**), connected (form positive **Relationships** with those around them), in control (have some **Ownership** over their sport), then they will be in the best place to achieve success (**Win** in sport and in life).

GROW starts with **Goal** setting. Goals provide short term motivation as well as long term vision. PLC coaches will help teams set overall goals. Many will talk with players about setting individual goals for the season and each game. Parents can assist their child (and their child's coach) by discussing with their child appropriate and meaningful individual goals. Parents can help their athletes set three levels of goals:

1. *Physical goals that relate to skill development;*
2. *Mental goals that focus on effort and perseverance; and*
3. *Moral goals that focus on behavior toward others (teammates, opponents, officials).*

Parental Tips:

- Provide encouragement;



**"Brothers and sisters:
Have no anxiety at all,
but in everything, by prayer
and petition, with thanksgiving,
make your requests known
to God. Then the peace of
God that surpasses all
understanding will guard
your hearts and minds in
Christ Jesus.**

**Finally, brothers and
sisters, whatever is true,
whatever is honorable,
whatever is just, whatever
is pure, whatever is lovely,
whatever is gracious,
if there is any excellence
and if there is anything
worthy of praise, think
about these things.
Keep on doing what
you have learned and
received and heard and
seen in me. Then the God
of peace will be with you."**

~ **Philippians 4: 6-9**

- Focus more often on positive feedback;
- Help your children develop a self-referenced criteria

for success based on their own previous personal performance;and

- Do NOT compare your children to others. (e.g.,Why can't you score more like Megan?)

Suggestion:As parents, guide your athlete in setting challenging, but realistic goals and encourage your athlete to strive with all of his/her effort to achieve his/her personal best. This will build your child's sense of competence and increase his/her self-efficacy.

Champions share meaningful **RELATIONSHIPS**

Parents can help their child athletes foster healthy relationships with their teammates, opponents, referees, and coaches. Building relationships not only increases team stability, cohesion and performance, but it will build individual player satisfaction.

Parental Tips:

- Love your children unconditionally regardless of sports performance;
- Model positive relationships in your interaction with others in the sport environment (interactions with coach, comments to referees, welcoming attitude to visiting teams);
- Encourage your children to learn more about their teammates;
- Promote encouragement of teammates,do not tolerate your child's criticisms of others (coaches, teammates, opponents); and
- Emphasize care and respect for others (both on and off the team).

Suggestion: As parents, help athletes to feel positively connected to all those involved in the sporting experience.This enables young people to form compassion and a sense of justice for others.

Stay tuned for next month, when we complete the GROW series by discussing how parents can encourage **Ownership** in sport with their children and a healthy, respectful attitude toward **Winning**.

Parent Like A Champion Today(R)!