



PLC Champion Parent Focus: The GROW approach to Athlete Development

Today we continue our two part series on PLC's GROW approach to creating Champions in sport and in life. If you missed the first one on Goals + Relationships, you can view it here: [Parent Note on G + R](#)

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), connected (have some **Ownership** over their sport), then they will be in the best place to achieve success (**Win** in sport and in life).

Today we focus on:

OWNERSHIP creates Leaders in Life

Champions take ownership of their games and lead responsibly. Parents must give their athletes ownership in their sport. This allows them to develop decision making skills and confidence. In order for virtue to be gained through sport, the game needs to belong to the athletes, not to the parents or coaches.

Parental Tips:

- Assure your children choose the sports they play;
- Help your children to recognize consequences to their decisions and guide them in making



"Every game is an opportunity to measure yourself against your own potential."

~ Bud Wilkinson

positive choices; and

- Connect the Path to Leadership for your children:

Ownership→Care→ Responsibility→ Leadership.

SUGGESTION:As parents, help your athletes to understand that acting autonomously and accepting responsibility for their actions will increase their investment in their sport and lead to future chances for meaningful civic engagement in the Church and wider society.

Is **WINNING** everything?

Champions always play to win, but understand that both winning and losing are important parts of the game they love.

Parental Tips:

- Always support your children, whether they win or lose;
- Emphasize good play over winning; and
- Focus on athlete performance, rather than game outcome.

SUGGESTION:As parents, remind your athlete (and yourself) that every sporting event has a victor. Some of the time your children will be on the winning side, many times, they will not. It is important to accept both sides of the spectrum with grace. Help your children realize the process of the game – how the game was played – is more important in the overall scheme of their whole sport career than simply the final score.

If sport parents follow the GROW approach (Goals + Relationships + Ownership = Winning) to whole athlete development, we help our children to develop into true CHAMPIONS.