



Champion Parent Focus: Gratitude and Playfulness

Think back to your days as a child and try to remember what sports meant to you and why you played sports (they probably weren't as organized as what our children play today, but they were OUR sports). Thoughts that pop into your head might be:

- love of the game
- fun
- teammates

Of course, winning was fun, but when you break it down, you probably remember the joy of sport through the camaraderie with teammates as the most important memory, not winning the Championship trophy in 6th grade. It is the same way with kids today. Unfortunately, many kids drop out of competitive sports in middle school and early high school. There are numerous reasons for this, but one of the most significant is there is too much pressure in the youth sport culture and sometimes extreme expectations are put on young athletes. Sport sometimes becomes more work than play.

Play Like A Champion Today®'s goal is to keep more children active and engaged in sport so they receive the best that sport has to offer: building physical skills, teaching life lessons, keeping kids physically fit, and encouraging Christian virtues.

As Thanksgiving approaches, Champion Sport Parents should help their child be grateful for



"We can only be said
to be alive in those
moments when our hearts
are conscious of our treasures."

~Thornton Wilder

the opportunity to play. Grateful for the chance to run, jump, be a member of a team.

Remember to offer a prayer of thanks and gratitude with your child on the way to his/her next practice or game.