



Champion Parent Focus: GROW= A Winning Formula



Today we begin a four part series on Play Like A Champion Today®'s GROW approach to develop high performance athletes AND people of character for Champion Sport Parents.

"Goals are the fuel in the furnace of achievement."

~Brian Tracy, *Eat that Frog*

GROW stand for:

Goals + Relationships + Ownership = Winning
GROW is like an equation – you must include all elements of the equation in order to create a winning result in sport for your children.

GROW is based upon Self-Determination Theory which is a psychological theory of human motivation that asserts when people feel competent (set and strive to 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. Play Like A Champion coaches will help teams set overall goals. Many coaches will talk with players about setting individual goals for the season and each game. Parents, you can assist your child (and your child's coach) by discussing with your child appropriate, achievable 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 positive encouragement;
- Offer constructive feedback instead of criticism;
- Help your children develop a self-referenced criteria for success based on previous personal performance (e.g. Every child comes to the team at a different starting place, so everyone's goals will look different); and
 - Do NOT compare your children to others. (e.g., Why can't you score more like Sally?)

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

Cardinal Virtue: Champion Sport Parents are helping their children develop the cardinal virtue of Fortitude when they work in Goal Setting. Fortitude means perseverance, determination, courage – Sound like qualities you would like to help your child develop in sport and in life?