



Play Like A Champion Champion Parent Focus: Building Relationships



Welcome back to the second installment of our GROW series ($G + R + O = W$) to assist sport parents in helping their child athletes to experience whole GROWth through sport. Parents can assist their children in setting $G =$ GOALS for the season. Another essential element of the whole equation is $R =$ 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 raise individual player satisfaction.

Parental Tips:

- Love your children unconditionally regardless of sports performance;
- Model positive relationships in your interaction with others (interaction with coach, comments to referees, welcoming attitude to visiting teams);
- Assist your children in learning 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

Even when you've played the game of your life, it's the feeling of teamwork that you'll remember. You'll forget the plays, the shots, and the scores, but you'll never forget your teammates.

- Deborah Miller Palmore-Basketball Olympian

sporting experience. This enables young people to form compassion, respect and a sense of fairness for all.

Help your child consider ways in which s/he could exhibit a greater amount of respect for those in sport: his/her coach, teammates, opponents, officials. Examples include: thank the coach after practice; encourage a lesser-skilled teammate; congratulate an opponent on a great play; shake the official's hand pre or post-game. Constantly refer to the Golden Rule, "treat others as you would like to be treated," as a guide for behavior.

Cardinal Virtue: Champion Sport Parents are helping their child develop the cardinal virtue of **Justice** when they focus on developing good and right relationships in the sport environment. Justice is respect and care for others.