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Champion Parent Focus: Is Winning Everything?

Champion Sport Parents can help their child athletes to grow and develop through their sport experience when they focus on G+R+O=W, Goals + Relationships + Ownership = Winning. This Champion Parent Note covers the "Solution" to the GROW approach to Champion Sport Parenting: Winning.

We all love to win! Champions always play to win, but understand that both winning and losing are important parts of the game they love. In fact, if we have the proper perspective, "losing" can be a "win" if we understand the value of the loss and what we can take away from it. Champion Sport Parents have the distinct opportunity to help their children "win" in youth sport no matter what the scoreboard says at the end of the game.

Parental Tips:

- Always support your children, whether they win or lose;
- Emphasize good play over winning;
- Help your child be cordial in winning and gracious in losing;
- When loss occurs, help your child process it appropriately and set goals to increase performance for the next contest; and
- Focus on athlete performance, rather than game outcome.

SUGGESTION: As parents, remind your athlete (and yourself) that every sporting event has a



"This is not the end, this is not even the beginning of the end, this is just perhaps the end of the beginning."

—[Winston Churchill](#)

victor. Help your children realize the process of the game – how the game was played – is more important to their overall development than simply the final score.

Cardinal Virtue: Champion Sport Parents are helping their child develop the cardinal virtue of Temperance when they help their child understand there is much more to sport than the final score on the scoreboard or league standings. Temperance is having balance and perspective in life and in sport.

Ask your child to identify any excessive desires s/he has for pleasure. These desires may be on the field (catching passes, scoring points, playing a position, etc.). Challenge your child to employ temperance in resisting these temptations.