

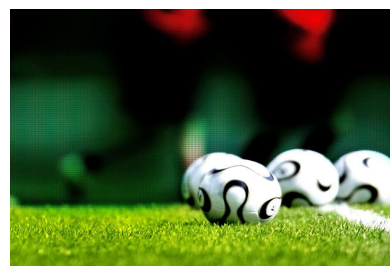


Reflection on Champion Sport Parenting

As the school year winds down, you are probably envisioning the approaching summer vacation. Take some time to reflect back upon the year in sports for your children and for you as sport parents. How was your child's sport experience and what can we do as parents and a community to build a truly quality; life-giving environment for all athletes in sports? Take some time to reflect upon the following questions and then ask your child his/her feelings about these questions:

1. What were you hoping that your child will take from her or his youth sport experiences this year?
2. What did your child actually take away and learn from his/her sport seasons this year? (What goals were accomplished and what Relationships built?)
3. What challenges do you experience in sorting out what you want for your child's sports experience and what your child may want? (This question is about giving the game back to the kids – OWNERSHIP in sport)
4. Why do you want your child involved in a CATHOLIC sports program? Were these reasons confirmed during the sport year for you?

Play Like A Champion Today® brings you the latest recommendations from developmental psychology, sports psychology, pastoral ministry, religious education and nutritional medicine to help you to become a more



"The best and most beautiful things in life cannot be seen, not touched, but are felt in the heart."

~Helen Keller

Are you looking for ways to keep your kids physically active this summer? Play Like A Champion offers the "Champion Challenge: Summer Play Chart" that will help your children set goals for physical activity over the summer and enable them to track their progress toward reaching these goals.

Play Well!!

informed and effective sport parent. We hope this sport year has met and exceeded your expectations and that your children had FUN Playing!