



Sport Parent Focus: Creating a Champion Environment

We interrupt our scheduled four part series for parents on the GROW approach to athlete development because we have heard from our Play Like A Champion partner schools that as Play-offs and Championship Games occur at the end of the fall sports season, sport parents who perceive the "stakes" as higher might forget what it means to be a positive role model in a catholic sport environment.

Athletes may not be the only one's "performing" in a sport competition. Parents may be tempted to display improper behavior during an athletic event by mocking officials or disparaging opponents. It is essential to remember that athletes look to adults as an example, for a moral code. How does your behavior as a sport parent measure up?

When parents act negative, demanding, demeaning or even abusive during sporting events, they create a toxic environment that is harmful to their child, to all the athletes and to the whole school/league community. There are clear standards for appropriate behavior for spectators at a sporting event. Following these "GUIDELINES FOR SIDELINES" will lead to healthier athletes and a nurturing catholic sport environment.

- Cheer positively for everyone on the team.
- Never jeer or boo from the sidelines
- Applaud good play from BOTH teams
- Encourage and support every athlete on BOTH teams
- Respect and Thank your child athlete's coaches
- Treat the officials with courtesy and respect



"As a parent, I have a job as a role model to my children and, by extension, to other young people."

~ Kareem Abdul-Jabbar

"People who fly into a rage always make a bad landing."

~will Rogers

- Graciously welcome your opponent to your field
- Promote the team as a whole as more important than just what your child is doing
- Keep sports in the proper perspective (employ the cardinal virtue of temperance).

The entire sport community shares in the mission of developing young people into better athletes, more caring human beings and disciples of Christ. Sport Parents must play their part by setting an example of sportsmanship during games. Parents must also set an example of teamwork by gently reminding each other to promote a nurturing environment. If some parents are falling short of the expected parental moral code, the parent community should gently remind one another to set the proper example.

I, _____, sign as a commitment to live up to the role of being a Champion Sport Parent