



## Champion Parent Focus: The GROW Approach to Athlete Development

Today we continue our four part series on Play Like A Champion's GROW approach to creating Champions in sport and in life.

GROW stand for:

Goals + Relationships + Ownership = Winning

If you missed the first segment on Goals, you can view it [HERE](#)

And the Second installment on Relationships, you can view it [HERE](#)

Today we focus on the third element of GROW: **OWNERSHIP**

In order for young people to gain virtue through sport, the game needs to belong to the athletes, not to the parents or coaches. Parents must give their athletes ownership in their sport in order to develop into Champions. Champions take ownership of their practices and games by putting forth their best effort, by being a positive teammate and by displaying sportsmanship. This allows young people to develop confidence, compassion and good decision-making skills.

Parental Tips:

- Assure your children choose the sports they play;
- Help your children to recognize consequences to their decisions in sports and guide them in making positive choices;
- Help your child view mistakes as opportunities to improve;
- Be respectful guests at your children's sporting



**"The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools."**

~Confucius

Advent Prayer from Notre Dame:  
O Lord, who give joy and grace to those who wait for your Son, we ask your help to take the coming of Christ seriously. We abide in hope with all people of faith throughout the world who long for the fullness of light, of justice and of peace that will usher in your kingdom.

As we await the fulfillment of your Advent mystery, may we stand by our brothers and sisters who are poor and dispossessed, until we find ourselves gathered up together into the glory of heaven.

All this we ask through Christ our Lord. Amen.

events remembering the game belongs to the kids;  
and

- Connect the Path to Leadership for your children:  
Ownership→Care→ Responsibility→ Leadership.

**SUGGESTION:** As parents, help your athletes to understand that acting autonomously and accepting responsibility for their actions will increase their investment in their sport and lead to future chances for leadership on the team as well as meaningful engagement in our Church and wider society as kids mature into grown-ups.