



Champion Parent Focus: 10 Commandments for Sport Parents

Welcome to 2014 - what we hope will be a memorable year in sports for your children!

As a new year begins, we should take stock of our behavior in all areas of our lives, so we will run a three part series highlighting Play Like A Champion's **10 Commandments for Sport Parents**. We will break these commandments into three parts. Today's note covers what Champion Sport Parents should do on the way to your child's sport event:

On the way to the event...

1. Ask your child to set goals for that practice or game: a physical goal, a mental goal and a sportsmanship goal.

- Help your child set realistic and specific goals. Saying, "I want to win the game today" is not within an athlete's full control. **Physical goals** have to do with skills, such as strong defense, following through on shots. **Mental goals** have to do with effort, attention and energy level. **Sportsmanship goals** are based in morality, such as how your child will treat the officials and opponents.

2. Remind your child (and yourself) to have fun.

- The main goal of sport for kids at all levels is FUN. Sports are games that are meant to be played. There is a distinct joy that comes from giving one's full effort and working hard together as a



"Love is the only force capable of transforming an enemy to a friend."

~Martin Luther King, Jr.

team to grow and to achieve.

3. Say a prayer with your child thanking God for the opportunity to play.

- Praying with your child before the game will help everyone have perspective and will remind us that God is with us and among us TODAY.

Stay tuned for the second set of **10 Commandments for Sport Parents: "At the event."** In the meantime, let's all commit to Parent Like A Champion throughout 2014!