



Champion Parent Focus: 10 Commandments for Sport Parents Continued...

Today, we continue our three part series on the **10 Commandments for Sports Parents** with the second segment of commandments. If you missed the first three commandments, they are:

On the way to the event...

1. Ask your child to set goals for the game: a physical goal, a mental goal and a sportsmanship goal.
2. Remind your child (and yourself) to have fun.
3. Say a prayer with your child thanking God for the opportunity to play.

And now for the next series of Commandments which help us be Champion sport parents while we are ***At the event...***

4. Be positive with all players, opponents, fans, coaches and officials.
 - The environment in the sporting arena teaches children just as many lessons (potentially positive or negative) as the game itself.
5. Remain calm and in control of your words and actions.
 - Your children (and others around you) see and hear what you say and how you behave. Are you conducting yourself with integrity and Christian virtue?
6. Take a deep breath and/or remove yourself from



"Likewise, urge the younger generation to be self-controlled. Show yourself in all respects to be a model of good works, and in your teaching show integrity and dignity."

~ Titus 2:6-7

the environment if you grow angry.

- Sure, we all get angry, but you should not lose your cool. In fact, as an adult, you are required to maintain your composure. If you feel your anger boiling, either take a deep breath or walk away until you calm down. Don't react in the moment and put yourself in a situation that you will regret.

7. Applaud good play from both teams.

- Remember these are kids and we should celebrate excellence in all regards, not just accomplishments for our own child and team, but for ALL children.

In order to develop to their full potential as human beings and as disciples in our Church, children and adolescents need positive role modeling from caring and wise adults in their lives. Provide this example for your children and for all athletes.

We'll return in two weeks to complete the full set of 10 Commandments. Until then, Parent Like A Champion Today!