



Champion Parent Focus: 10 Commandments for Sport Parents

Today, we culminate our three part series on the 10 Commandments for Sport Parents. In the last two parent notes, we focused on:

On the way to the event...

1. Ask your child to set goals for that 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.

At the event...

4. Be positive with all players, opponents, fans, coaches and officials.
5. Remain calm and in control of your words and actions.
6. Take a deep breath and/or remove yourself from the environment if you grow angry.
7. Applaud good play from both teams.

TODAY, we discuss:

On the way home...

Often athletes tell us that they dread "the long ride home" from a game because their parents drill them with questions or berate them for their errors. Instead...

8. Ask your child, "How do you think the game went?"
 - Instead of preaching to your child about what you saw and how you felt about the game, try asking your child his/her opinion of the game with an open-ended question,



Play Like A Champion Partner
Los Angeles Falcons Cheer Team

"My hope is that the description of God's love in my life will give you the freedom and the courage to discover...God's love in yours."

~ Henri Nouwen

such as "How do you think the game went?"
This gives your child ownership over his/her play.

9. Point out signs of sportsmanship shown in the game.

- Remembering that sports are about character development, applaud all signs of character shown in sport by your child and other players, even if they aren't on your team. Hopefully, you can also point out how the coaches and parents displayed sportsmanship for the kids to emulate.

10. Express your love for your child regardless of the outcome of the game.

- At the end of the day, unconditionally loving your child is the bottom line and the main task of all Champion Sport Parents.

Parent Like A Champion Today(R)!