



Champion Parent Focus: Developing Faith Through Sport

Sport presents an opportunity to help young athletes grow in their faith, but this does not happen automatically. Sport parents can help their child-athletes connect God, faith and sports. This is an adaption of Play Like A Champion's GROW model of motivation to the spiritual realm that parents can encourage within their family.

G - The GOAL of daily prayer and striving to live a Christian lifestyle

R - The daily serving of others and building positive, healthy RELATIONSHIPS

O - Taking OWNERSHIP of one's faith formation

W - We all WIN through Christ's redemption

Activities and Suggestions to connect Faith through Sport:

- Say a prayer with your child on the way to practice and games. Prayers can focus on Gratitude for the opportunity to play, Safety for all in play and the ability to put sports in the proper Perspective to Learn and Grow.
- Pray for the other players on your child's team, the coaches and the opponents.
- Invite your child to lead the prayer with you and encourage your child to remind his/her coach to pray before and after practice and games.
- Talk with your child on the connection between sport and spirituality.



Scene from Play Like A Champion
Partner: Detroit Catholic Central
High School whose Motto is: "Teach
me Goodness, Discipline and Knowledge"

"Your children are not your children.
They are sons and daughters of Life's
longing for itself.

They come through you but not from
you.

And though they are with you yet
they belong not to you.

You may give them your love but not
your thoughts,

For they have their own thoughts.
You may house their bodies but not their
souls, For their souls dwell in the house of
tomorrow, which you cannot visit, not even in
your dreams.

You may strive to be like them, but seek not
to make them like you. For life goes not
backward nor carries with yesterday.

You are the bows from which your children
as living arrows are sent forth.

The archer sees the mark upon the path of
the infinite, and He bends you with His might
that His arrows may go swift and far.

- Questions to ask your child to elicit conversation include: Does God have a role in sport? How can we connect our faith with our sport experience? How do we display our Christianity in our play/on our team?

Let your bending in the archer's hand be for gladness.

For even as He loves the arrow that flies, so He also loves the bow that is stable.”

~ Kahlil Gibran