



Champion Parent Focus: Remember the Purpose of Youth Sport

Think back to your days as a child and try to remember why you played sports (they probably were not as organized as what our children play today, but they were OUR games). Thoughts that pop into your head might be:

- love of the game
- fun
- to be with friends

Of course, winning was fun, but when you break it down, it was not what was most important. It is the same way with kids today. Unfortunately, many kids drop out of competitive sports in middle school and early high school. There are numerous reasons for this, but one of the most significant is there is too much pressure in the youth sport culture and sometimes extreme expectations are put on young athletes. Sport sometimes becomes more work than play.

Play Like A Champion Today's goal is to keep more athletes active and engaged in sport so they receive the best that sport has to offer: building physical skills, teaching life lessons, keeping kids physically fit, encouraging Christian virtues.

To support this goal in your own family and community, Champion Sport Parents can:

- Emphasize the pure joy that sports can and should bring to athletes.



Archdiocese of Seattle Play Like
A Champion Soccer Player and
Parents

**“Train up a child in the way s/he
should go; even when s/he is old,
s/he will not depart from it.”**

~Proverbs 22:6

- Help your child see their talents as a gift from God and that they should use their talents to glorify God.
- Build and strengthen your player's faith through daily prayer and praying with your child before and after games and practices.
- Help your child develop leadership characteristics. Athletes can glean these skills throughout the season as you teach the importance of integrity, commitment, compassion, perseverance and strong work ethic.
- Help your athlete understand the value of teamwork and unselfishness.

In summation, sports are games that at the most basic level are meant to be fun. The main reasons kids play sports are to have fun, to belong to a group and to grow their skills. Respect these values and the sporting environment will be much more enjoyable.

Play and Parent Like A Champion Today!