



Champion Parent Focus: G=Goals in the GROW Approach to Developing Champions

Today, we will begin a four part series on Play Like A Champion Today's GROW approach to develop high performance athletes AND people of character.

GROW stand for:

Goals + Relationships + Ownership = Winning

GROW is based upon Self-Determination Theory which is a psychological theory of human motivation that shows when people feel competent (set and achieve **Goals**), connected (form positive **Relationships** with those around them), in control (have some **Ownership** over their sport), then they will be in the best place to achieve success (**Win** in sport and in life).

GROW starts with **Goal** setting. Goals provide short term motivation as well as long term vision. Play Like A Champion coaches will help teams set overall goals. Many will talk with players about setting individual goals for the season and each game. Parents can assist their child (and their child's coach) by discussing with their child appropriate and meaningful individual goals. Parents can help their athletes set three levels of goals:

1. **Physical goals that relate to skill development;**
2. **Mental goals that focus on effort and perseverance; and**
3. **Moral goals that focus on the right behavior toward others (teammates, opponents, officials).**



"Parents can only give good advice or put their children on the right paths, but the final forming of a person's character lies in their own hands."

~Anne Frank

Parental Tips:

- Praise effort (rather than simply the outcome of a game)
- Provide encouragement;
- Focus more often on positive feedback;
- Don't forget to stress your athlete should set moral and spiritual goals in sport;
- Help your children develop a self-referenced criteria for success based on their own previous personal performance; and
- Do NOT compare your children to others. (e.g., Why can't you score more like Kyle?)

Suggestion: As parents, guide your athlete in setting challenging, yet realistic goals and encourage your athlete to strive with all of his/her effort to achieve his/her personal best. This will build your child's sense of competence and increase his/her self-efficacy helping your child become the best version of him/herself.

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 tarries 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.

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