



8 Signs You're a Great Sports Parent

1. YOU ARE A POSITIVE ROLE-MODEL

"Children are great imitators, so give them something great to imitate."

Great sports parents treat coaches, players, opponents, and referees with respect. They are encouraging and supportive, and keep in perspective that playing a sport at any age teaches many life lessons. They guide and teach their children how to handle these lessons with grace and class.

2. YOU CELEBRATE HARD WORK OVER WINNING

Instead of only praising wins, great sports parents realize that one of the main goals of youth sports is skill acquisition and learning to work hard. When a child plays his very best and loses, a great sports parent helps him feel like a winner. Pick out instances where effort or progress in a skill can be celebrated.

3. YOU BUILD UP RATHER THAN TEAR DOWN

Any child will perform in direct relationship to how she feels about herself. Great sports parents make sure that their children feel loved and accepted, and that they know their parents are proud of them. Remember that your child is not her performance.

4. YOU LEAVE THE COACHING TO THE COACH

By taking a step back and focusing on being a supportive parent, you allow your child to take ownership of his experience. Great sports parents are allies of the coach. They keep a positive attitude and speak respectfully about the coach in front of their player. Great sports parents cheer from the sidelines instead of coaching from the stands.

5. YOU DON'T COMPARE YOUR CHILD TO OTHERS

Great sports parents realize that every child develops and learns at a different rate. Instead of comparing their children to other players, they teach their children to compete against themselves. The ultimate goal is to continually challenge oneself and make progress!

6. YOU TEACH YOUR CHILD THE GIFT OF FAILURE

Great sports parents teach their children how to fail. The most successful people are willing to take more risks, which means they fail more often. Children who are afraid to make mistakes or mess up will be tentative and hesitant. You teach your children how to view failure in a positive light and use it as a source of motivation to improve.

7. YOU MAKE SPORTS FUN

Great sports parents make the sport fun. A great attitude, cheering loudly for the whole team regardless of win or loss, and special game day traditions are all part of your mantra. You invest in making positive memories!

8. YOU EXPRESS HOW MUCH YOU LOVE TO WATCH YOUR KID PLAY

Great sports parents realize that their children grow up quickly. They enjoy every moment and say often, "I love to watch you play." During one survey, that was the number one thing players most wanted to hear from their parents.