

## **The Role of a Crusader Sport Parent**

At Carlton, we want all athletes to learn from sport and have a positive season by encouraging the development of citizenship, good sportsmanship and athletic skill.

At Carlton, we are proud of our staff who volunteer their time so your student can have the opportunity to participate in a wide variety of activities and represent our school.

Together we all can help build and develop the essential elements of positive character in our community members' lives.

### **Six pillars of Character**

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

**As parents, your job is to love your kids and try to provide the best for them.**

Parents have an important role to play, and the role that the parent does play can impact a student's interest and enthusiasm for sports for years to come. Studies have shown a positive relationship between parents who are involved with their student's sporting activities and the student's enjoyment of the activity, participation in physical activities and continued participation in school sports. That is to say the right type of parental involvement can help a child to have a positive sports experience that motivates him or her to want to continue playing sports.

The role of parents in school sports is to provide support for your student, both emotionally and financially, without becoming over-involved to the point of being fanatical. Providing proper emotional support can be difficult in an adult society that emphasizes winning, or the product of performance, and social comparisons. With hard work on all of our parts we can change this belief.

It is important to step back and remember that students are not mini-adults and we cannot have the same expectations for our students that we would have for a professional athlete. To provide proper emotional support for you student may mean changing your view of sports and of success and aligning it more with how a student views things. We play sports for fun and enjoyment of it all. Winning is not high on the priority list of reasons students play sports.

Your kids do not need you to yell at the ref, harass the coach about playing time or yell out instructions to them while they are playing. This will give them a negative opinion of you, teach them to treat adults with disrespect, and possibly embarrass them.

**What they do need from you is your love and support.**

You can give this by providing them with positive feedback about their performance and lots of encouragement. It is important that you do this in a way that is sincere and does not employ social comparisons. Turn the focus to their efforts and personal improvement. It is critical for the development of confidence and self-efficacy that you focus not on the final outcome, but on the improvements your student made or things you student did well. Did they play exceptionally hard during the game? Did they complete a skill or a play that had previously given them difficulty?

**Redefine success as something that is process oriented, not product oriented.**

**Here are some pointers to help you help you student have a successful Crusader sports experience:**

- Relax and don't take yourself so seriously
- Remember it's just a game
- Coaches are volunteers, respect their dedication to your student
- Challenge yourself to redefine what success means. Success can mean being ahead in the score at the end of the game, but success can also mean improving on skills or playing an outstanding game. Look for the little successes your student makes in the game and focus on them.
- Don't compare your student to any other athlete. Each student is equally wonderful in their own unique and special way. Focus on your own students qualities.
- At any time the two words "scholarship" or "professional" pop into your head replace the words with fun and learning.
- Focus on creating a love of sport and physical activity. Hard work equals accomplishment, this philosophy takes a person a long way in life.
- If you have questions for the coach respect your student's dignity and the coaches' dignity and commitment by speaking to the coach away from others.

# *The Educated Sports Parent*

## **Parents: How is your Behavior?**

Sean Cumming and Martha Ewing of the Institute for the Study of Youth Sports warned against parents becoming over-involved emotionally. This could mean being “excitable” or “fanatical.” They even go as far as to say that the fanatical parent can pose a serious risk to the development of the child. Take a moment to reflect on your own behavior during your child’s sporting events. How do you compare?

<b>The Excitable Parent</b>	<b>The Fanatical Parent</b>
Supportive	You put great amounts of pressure on your child to succeed
You find yourself getting caught up in the heat of the moment	Your children frequently argue with the coach or ref
At games you yell out instructions to anyone and everyone on the field	Your children do not put much effort into or show enjoyment of practice
You rush out onto the field at the slightest hint of injury to your child	You are controlling and confrontational
	You are overly concerned with the outcome of the game
	The reason you have your kids in sports is to win trophies
	Your child will definitely make the pros

In contrast to the emotionally over-involved parent is the authoritative parent. Research into different parenting styles has revealed that the authoritative parenting style seems to be the most successful. Here are some characteristics of an authoritative sports parent.

<b>The Authoritative Sports Parent</b>
<ul style="list-style-type: none"><li>• Encourage participation</li></ul>
<ul style="list-style-type: none"><li>• Get involved in your child's participation by attending games and providing positive encouragement</li></ul>
<ul style="list-style-type: none"><li>• Support values of fair play and sportsmanship</li></ul>
<ul style="list-style-type: none"><li>• Set Developmentally appropriate goals for your child's performance, as opposed to unrealistic ones</li></ul>
<ul style="list-style-type: none"><li>• Support values of discipline and commitment as they relate to practice</li></ul>