

PARENT LIKE A CHAMPION TODAY

Parent Guide for School Based Athletics



Fayette County Public Schools

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REFLECTION ON ATHLETICS



- What have athletics contributed to your life?
- What are you hoping that your child will take from his/her athletic experience here in Fayette County Schools?



HIGH SCHOOL ATHLETIC CULTURE: CAUSES FOR CONCERN

- ❑ Professionalization
- ❑ Over-emphasis on winning
- ❑ Politics of High School coaches and Club coaches/teams
- ❑ Unreasonable expectations and pressure from coaches and parents
- ❑ Social Media
- ❑ Drug and Alcohol use
- ❑ Team hazing and bullying
- ❑ Burn Out
- ❑ Cheating



EXPECTATIONS



- ❑ Parents and players must have reasonable expectations of the school, coach, and program.



PROFILE OF A CHAMPION

1. PERSISTENCE & DETERMINATION
2. TEAMWORK
3. DESIRE TO WIN (WITHIN THE RULES)



THE GROW APPROACH

GOALS

RELATIONSHIPS

GROW

WINNING

OWNERSHIP



GROW -- GOALS

Champions set Challenging goals for themselves and strive to achieve them with all of their ability.

1. Physical Goals: Skill Development
2. Mental Goals: Effort and Perseverance
3. Sportsmanship Goals: Self Worth and Character

❖ **As parents, we can help our athletes set goals and achieve their personal best!**



GROW -- RELATIONSHIPS

Champions foster healthy relationships with their teammates, opponents, referees, and coaches.

- ❖ **As parents, love your children unconditionally and provide positive examples by creating healthy relationships of your own.**



GROW -- OWNERSHIP

Champions take responsible ownership of their games and lead by example.

The path to Leadership:



GROW -- WINNING

❖ Winning is an outcome and cannot be controlled, but striving to WIN through effort, skill, discipline, and persistence all are within the athlete's control.



CHAMPIONSHIP ATHLETIC PARENTING

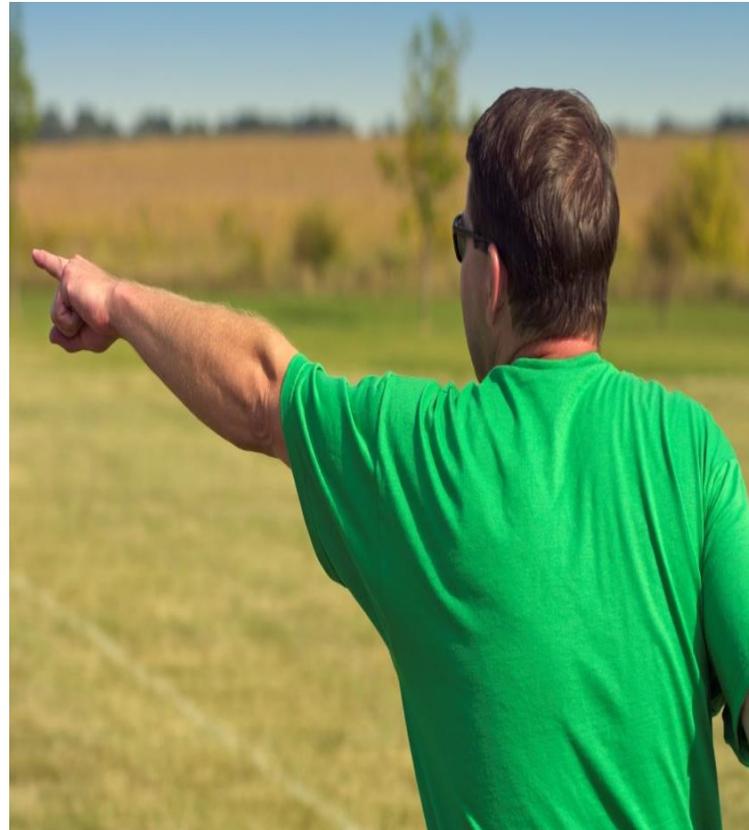
Being a Champion Athletic Parent involves fostering three different relationships:

1. PARENT/ATHLETE RELATIONSHIP
2. PARENT/SPORT COMMUNITY RELATIONSHIP
3. PARENT/COACH RELATIONSHIP



COMMON PITFALLS OF ATHLETIC PARENTS

1. STARDON OR BUST!
2. LIVING THROUGH CHILDREN/EXCESS PRESSURE
3. INSTILLING GUILT



REDEFINING PARENT ROLES

1. Remember to leave coaching to the Coach.
2. Put yourself in the coaches shoes.
3. Fill the emotional tank of the Coach whenever possible.
4. Establish effective and appropriate means of communication with the coaching staff.



DEVELOPING YOUR CHAMPION

- Be Positive (Verbal and Non-Verbal)
- Praise effort and sportsmanship!
- Encourage discovery and varied interests



NUTRITION FOR ATHLETES

- Discuss with your athlete the importance of nutrition and encourage healthy behaviors
- Be aware of complex issues regarding body image:
 - Eating Disorder
 - Calcium Deficiencies
 - Supplements



GUIDELINE FOR APPROPRIATE SIDELINE BEHAVIOR

Negative Sideline Behaviors

- Coaching from the sideline
- Cheering when the opponent makes a mistake
- Negatively reacting to an officials call
- Cheering when a player injures an opponent
- Cheering to intimidate athletes from the opposing team
- Taunting or making disparaging remarks towards an opponent

Positive Sideline Behaviors

- Making encouraging positive statements
- Cheering for good plays by both teams
- Treating the official with respect
- Congratulating an opponent for a good play
- Being a gracious host and a respectful visitor
- Complimenting the other team despite the outcome of the game.



CONCLUSIONS/RECOGNITIONS

- Thank you for all you do for our Athletes and Athletic Teams!
- This information was adapted from, “Parent Like a Champion Today”, by Lynn Kachmarik

