



A Basic Guide For Parents

INTRODUCTION

Within a positive sporting environment, children have an opportunity to make new friends, learn new skills and techniques, and develop new interests, all the while obtaining the long-term health benefits of exercise and learning a sport that they can partake in, at various levels, throughout their lives.

The process of teaching children a sport is the responsibility of parents and coaches alike, where the former is also an integral part of the team. Any sports program for children (competitive or recreational) should first focus on learning and fun, and later integrate the competitive spirit,

all of which will provide a good experience for life. The primary concern should always be with the process; indeed if the process is good, the results will also be positive.

This chapter is designed to provide parents with basic information to ensure that their child has a positive experience in sport. Always remember that education begins long before the game; it begins in the home of the young athlete.

HOW TO CREATE A POSITIVE SPORTS

HOW TO CREATE A POSITIVE SPORTS ENVIRONMENT FOR YOUR CHILD

- Focus should be on the fun of learning the sport.
- Build self-esteem in your child, giving emphasis to social, physical and technical learning, and not the result of the game.
- Optimize the principles of fair play, respect for partners, opponents, referees, coaches and rules of the game.
- Transfer these skills to everyday life.
- Show interest in your child's participation of a sport. Know the rules, attend meetings, practices and games.
- Be a good spectator and remember you are a guest at your son's game. Therefore, be present in a positive way, reinforce and encourage positive behaviour before, during, and after the game.
- Be careful when discussing your child's aspirations; if not properly handled, it can produce unrealistic goals and unnecessary pressures.
- Request and insist that tobacco and alcohol are removed from your child's sports events.
- Discuss your personal views on the coach's choices and strategies for the game away from young athletes.
- Reinforce the coach's instruction with your son.

COMMUNICATING WITH YOUR CHILD DURING A COMPETITION...

- Children do not want to hear they played well when they themselves know that this is not the case.
- Do not accuse the other players, coaches or referees of being responsible for losses.
- Do not encourage the player to assign blame to others.
- Do not say that "this game is not important" since it may be for the child.
- Regardless of the score or outcome, always find something positive in the performance of your child. Link this to his performance and explain how this can be beneficial for future games (be realistic!).
- Do not provide Technical & Tactical Instructions
- Do not Coach from sidelines

**ENSURE THAT ALL QUESTIONS
IN REGARDS TO THE GAME
ARE ANSWERED.**

1. How do you feel about what happened in the game?
2. What did you like most/least about the game?
3. Did you have fun?
4. What did the coach tell you about the game?
5. What is your view on today's game?