

Tomah Youth Football

Sporting activities parents do with their child:

1. Praise and Criticize
2. Comment, Discuss and Explain
3. Motivate
4. Set Examples
5. Practice
6. Influence Type of Sport
7. Influence Team Choices
8. Influence League Choices
9. Interact with other Team Parents
10. Suggest Changes and Improvements
11. Judge the Quality of the Officiating
12. Judge the Quality of the Coaching
13. Judge the Quality of the League Programs
14. Judge the Success of the Team
15. Assess Blame and Praise
16. Influence Attitude
17. Focus or Distract
18. Acquire and Maintain Equipment
19. Supervise Rest, Diet and Conditioning
20. Provide Transportation
21. Influence Practice Schedules
22. Mediate Conflicts

There are positive and negative ways to accomplish all the above!

Do parents always know which is which?

Parents Have the Biggest Influence Over Their Kids Sports Experience

Too Many Kids Quit Sports

According to a Michigan State University study, over 70% of kids quit sports by age 13. For professional sports, that is the equivalent of losing one potential Michael Jordan or Mike Modano a week. In addition, there is no way of knowing the impact on the talent pool of business leaders and other professions where continued sports participation helps develop critical life skills.

Parents Have the Biggest Influence Over the Sports Experience

Parents are the key to youth sports. Parents are involved in numerous activities in support of their child's activities (see top list). Though parents often mean well, their lack of previous involvement with youth sports can cause them to emphasize incorrect behaviors and attitudes that, over time, lead to a child's lack of continued interest in team sports. Although a good parent can overcome a negative coach, a good coach cannot overcome a negative parent,

Improving Parent Involvement Requires Weekly Effort .

Changing parent behavior requires continuing education. Just like a child can't learn to play at a high level in just a few hours, a parent cannot master the issues involved with youth sports in one meeting. Only a continued and sustained education effort can achieve significant improvement in parent behavior and in parent child sports interactions.

Childhood sports success comes when technical skills build confidence and motivation and then confidence and motivation make kids more receptive to building skills. Getting this cycle started and keeping it going are key roles for parents. However too much criticism or pressure too soon disrupts the cycle and turns kids to less parentally involved activities such as Playstation.

Sports Can be Positive

Sports activity can be a positive in kids lives and in the lives of families. The life lessons learned through playing can serve a lifetime and the closeness that comes from a family working together can overcome other life issues as well.