

## 13 Steps to Being a Winning Parent

If you want your child to come out of their youth sports experience a winner (feeling good about themselves and having a healthy attitude towards sports), then they need your help! You are a vital part of the coach-athlete-parent team. If you do your job correctly and play your role well, your child will learn the sport faster, perform better, have more fun and have his/her self-esteem enhanced as a result.

Their sporting experience will serve as a positive model for them to follow as they deal with other challenges and obstacles throughout their life. If you "drop the ball" or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks and begin to develop a hatred for the sport. And that's the good news! Furthermore, your relationship with your child could potentially suffer significantly.

As a result, they will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, emotions that could generalize to other areas in their life. Your son/daughter and their coach need you on the team. They can't win without you! The following are a list of useful facts, guidelines and strategies to help make you more knowledgeable in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

### STEP ONE

#### UNDERSTANDING YOUR CHILD'S COMPETITION IS THEIR MOST VALUABLE TRAINING PARTNER

When defined the right way, competition in youth sports is good, healthy and teaches children a variety of important life skills. The word "compete" comes from the Latin words "com" and "petere" which mean together and seeking, respectively. The true definition of competition is seeking together where your opponent is actually your partner, not your enemy! The better he/she performs, the better your chances of having a peak performance. Sport is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges, sport is not nearly as fun. The bigger the challenge, the better the opportunity you have to push your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are "seeking together", challenging each other to better their performances. Your child should never be taught



to view his/her opponent as the "bad guy", the enemy or someone to be hated and "destroyed". Do not encourage this attitude! Instead, talk to/make friends with the parents of your child's opponent. Root for great performances and good shots, not just for the winner!

## **STEP TWO**

### **ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIM/HERSELF**

The ultimate goal of the sporting experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measurement. Winning in sports is about doing your best, no matter the outcome or the play of your opponent. Children should be encouraged to compete against their own potential (i.e., Peter and Patty Potential). Meaning, boys should focus on beating "Peter", competing against themselves, while girls should challenge "Patty". When your child has this mindset and plays to better themselves instead of beating someone else, they will be more relaxed, have more fun and therefore perform better.

## **STEP THREE**

### **DON'T DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING**

A corollary of TWO, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to their potential and loses, it is unjust to focus on the outcome and become critical. If a child plays their very best and loses, you need to help them feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is not cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

## **STEP FOUR**

### **BE SUPPORTIVE, DON'T COACH!**

Your role on the parent-coach-athlete team is as a Support player with a capital S! You need to be your child's number one fan, unconditionally! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., but... do not coach! Most parents that get



into trouble with their children do so because they forget to remember the role that they need to play. Coaching interferes with your role as a supporter and fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as a coach, and, if by necessity you get stuck in the almost no-win position of having to coach your child, try to maintain a separation of roles (i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent"). Don't parent when you coach and don't coach at home when you're supposed to be parenting.

## STEP FIVE

### HELP MAKE THE SPORT FUN FOR YOUR CHILD

It's a proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun must be present for peak performance to happen at every level of sport, from young athletes to world class competitors! When a child stops having fun and begins to dread practice or competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: if your child is not enjoying what they are doing and no longer love the sport, investigate! What is preventing them from having fun? Is it the coaching? Is it the pressure? Is it you? Keep in mind that being in a highly competitive program does not mean that there is no room for fun. The child that continues to play long after the fun is gone will become a drop out statistic.

## STEP SIX

### WHOSE GOAL IS IT? IT'S YOUR CHILD'S SPORT!

Number FIVE leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for THEM, or because of YOU? When they have problems in their sport, do you talk about them as "OUR" problems, i.e., "our jump isn't high enough", "we're having trouble with our flip turn", etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to YOU? Are they playing for



rewards and "bonuses" that YOU give out? Are their goals and aspirations YOURS or THEIRS? How invested are YOU in their success and failure? If they are competing to please you or for your vicarious glory, then they are in it for the wrong reasons! Furthermore, if they stay involved for you, ultimately everyone will lose. It is normal to want your child to excel and be as successful as possible. But you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and goals for participating, they will be far more motivated to excel and therefore far more successful.

## STEP SEVEN

### YOUR CHILD IS NOT THEIR PERFORMANCE - LOVE THEM UNCONDITIONALLY

Do not equate your child's self-worth and lovability with their performance. The most tragic and damaging mistake parents continually make is punishing a child for a bad performance by emotionally withdrawing from them. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. CAUTION: This strategy may damage your child emotionally and ruin your relationship with them. When Olympic diver Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was, "If I don't make it, my mother will still love me".

## STEP EIGHT

### REMEMBER THE IMPORTANCE OF BUILDING SELF-ESTEEM IN ALL OF YOUR INTERACTIONS

Athletes of all ages and levels perform in direct relation to how they feel about themselves. When your child is in an athletic environment that boosts self-esteem, he/she will learn faster, enjoy themselves more and perform better under competitive pressure. One thing we all want as children and never stop wanting is to be loved and accepted and to have our parents feel good about what we do. This is how self-esteem is established. When your interactions with your child make them feel good about themselves, they will, in turn, learn to treat themselves this same way. This does not mean that you have to incongruently compliment your child for a great effort after they have just performed miserably. In this situation being empathic and sensitive to his/her feelings is what is called for. Self-esteem makes the world go around. When you make your child feel good about



themselves, you've given them a gift that lasts a lifetime. Do not interact with your child in a way that assaults their self-esteem by degrading, embarrassing or humiliating them. If you continually put your child down or minimize their accomplishments, not only will they learn to do this to themselves throughout their life, but they will also repeat your mistake with their children!

## STEP NINE

### TEACH YOUR CHILD THE GIFT OF FAILURE

If you really want your child to be as happy and as successful as possible in everything that they do, then teach them how to fail! The most successful people in and out of sports do two things differently than everyone else. First, they are more willing to take risks and consequently fail more frequently. Second, they use their failures in a positive way, as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling ENOUGH times. Each time that you fall, your body gets valuable information on how to do it better next time. You can't be successful or have peak performances if you are concerned about losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given them the key to a lifetime of success. Failure is the perfect stepping stone to success.

## STEP TEN

### CHALLENGE, DON'T THREATEN

Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long-term costs in terms of mental health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to terrible performances. Implicit in a threat, (do this or else!) is your own anxiety that YOU do not believe your child is capable. Communicating this lack of belief, even



indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Furthermore, implicit in a challenge is the empowering belief "I think that you can do it".

## **STEP ELEVEN**

### **STRESS THE PROCESS, NOT THE OUTCOME**

When athletes crumble under pressure and perform far below their potential, they have put too much focus on the outcome of the performance (i.e., win/lose) instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and is instead completely absorbed in the here and now of the actual performance. An outcome focus will almost always distract and tighten up the athlete, insuring a bad performance. Furthermore, focusing on the outcome, which is completely out of the athlete's control will raise their anxiety to a performance inhibiting level. If you truly want your child to win, help get their focus away from how important the contest is and have them focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

## **STEP TWELVE**

### **AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCES**

Supportive parents do not use compare their child to their competitors and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently, and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12-year-old boys may only have their age in common! One may physically have the build and perform like a 16-year-old while the other, a late developer, may have the physical size and attributes of a 9-year-old. Performance comparisons can prematurely discourage otherwise talented athletes to continue their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model! For your child to do his/her very best, they need to learn to stay within themselves. Worrying about how another athlete is doing interferes with them doing this.



## STEP THIRTEEN

### TEACH YOUR CHILD TO HAVE A PERSPECTIVE OF THEIR SPORT

The sports media in this country would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in the process. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations for themselves, their abilities and how they played, without robbing the child of his/her dreams. Both swimming a lifetime best time and finishing in last place are cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

