



Sport Parenting and the Athletic Process

A Guide to Supporting your Young Ripper

Youth Sports in the US

- ▶ Participation in sports has many positive outcomes
 - ▶ Higher levels of self-esteem
 - ▶ Increased social skills
 - ▶ Lower rates of depression and suicide
 - ▶ Increased ability to problem solve
 - ▶ Higher levels of goal attainment
 - ▶ Increased emotional regulation
- ▶ However, these outcomes are the result of adult driven structures
 - ▶ Mostly, parents and coaches



Youth Sports and Activity in the US

▶ Current Trends

- ▶ Between 2009 and 2014, there was a 9% decrease in youth sports participation.
 - ▶ Note: increases in Rugby (100%), Lacrosse (28.8%) and Hockey (43.7%)
- ▶ Average number of sports kids ages 6-17 participate in declined from 2.14 to 2.01
- ▶ Child obesity rates are rising for ages 5 to 17 (40% of girls/35% of boys)
- ▶ 70% of youth drop out of sports by age 13



Whys do kids participate in sports?

- ▶ Competence--- being good at something
- ▶ Social--- playing with their friends
- ▶ Activity--- to get exercise and be outside
- ▶ Enjoyment--- ‘cuz it’s fun



What's unique about Snowboarding and Freeskiing?

- ▶ Culture --- loose and relaxed
- ▶ Perseverance --- keep trying tricks/skills until you get them
- ▶ Social--- ripping around the mountain or park with friends
- ▶ Lifestyle--- being out on the mountain
- ▶ Fun--- cheering on your friends, less emphasis on competition

Why do kids drop out of sports?

- ▶ Loss of ownership
- ▶ Overemphasis on winning
- ▶ Parental pressure
- ▶ Cuz it's not fun anymore!



**As many as 70 percent
of kids drop out of
sports by the age of 13,
and that's a huge issue.**

QUOTEHD.COM

John Grogan

What can we do as adults?

- ▶ Parent/Coach/Athlete Relationship
- ▶ Parental Support of Coaches and Programs
- ▶ Parental Encouragement of their Kids
- ▶ Goal Setting and Defining Success



Parent/Coach/Athlete Relationship- Understanding Roles

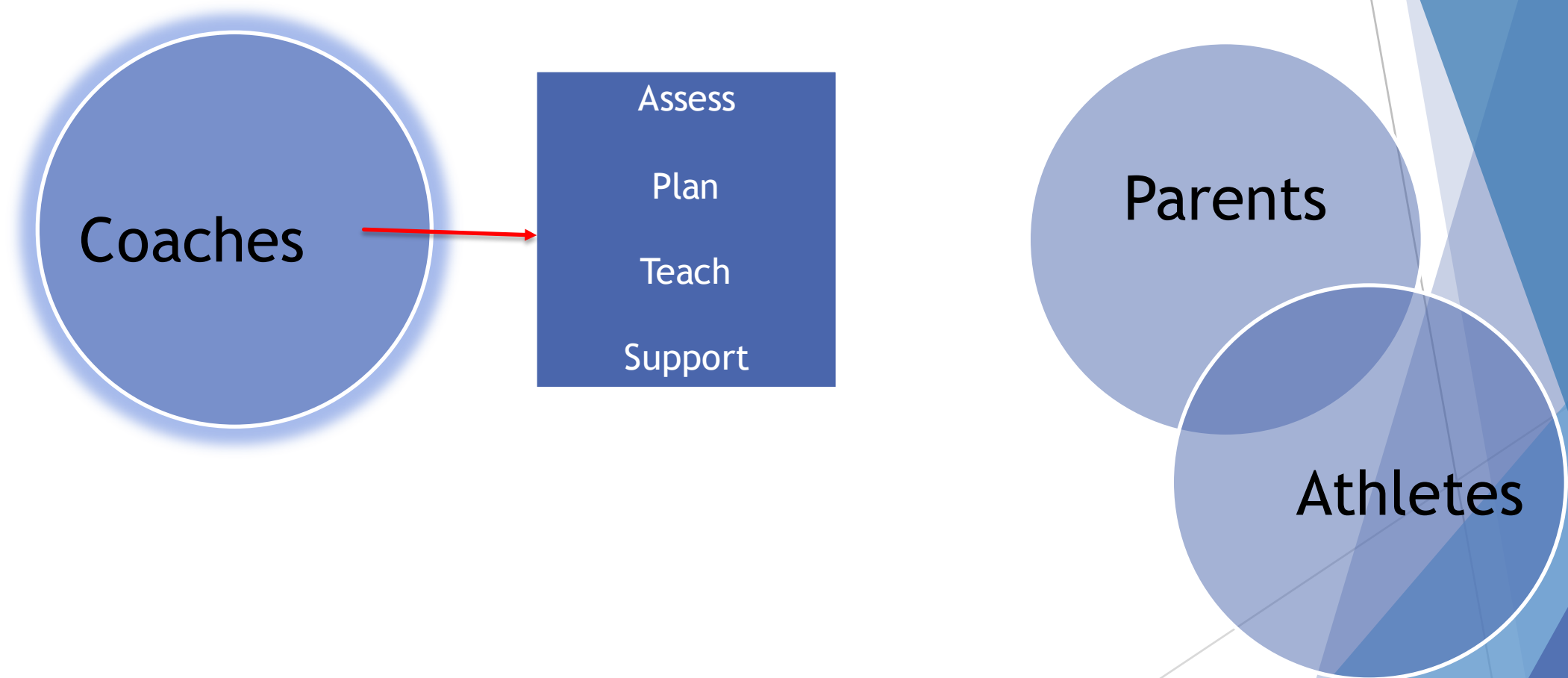


Parents

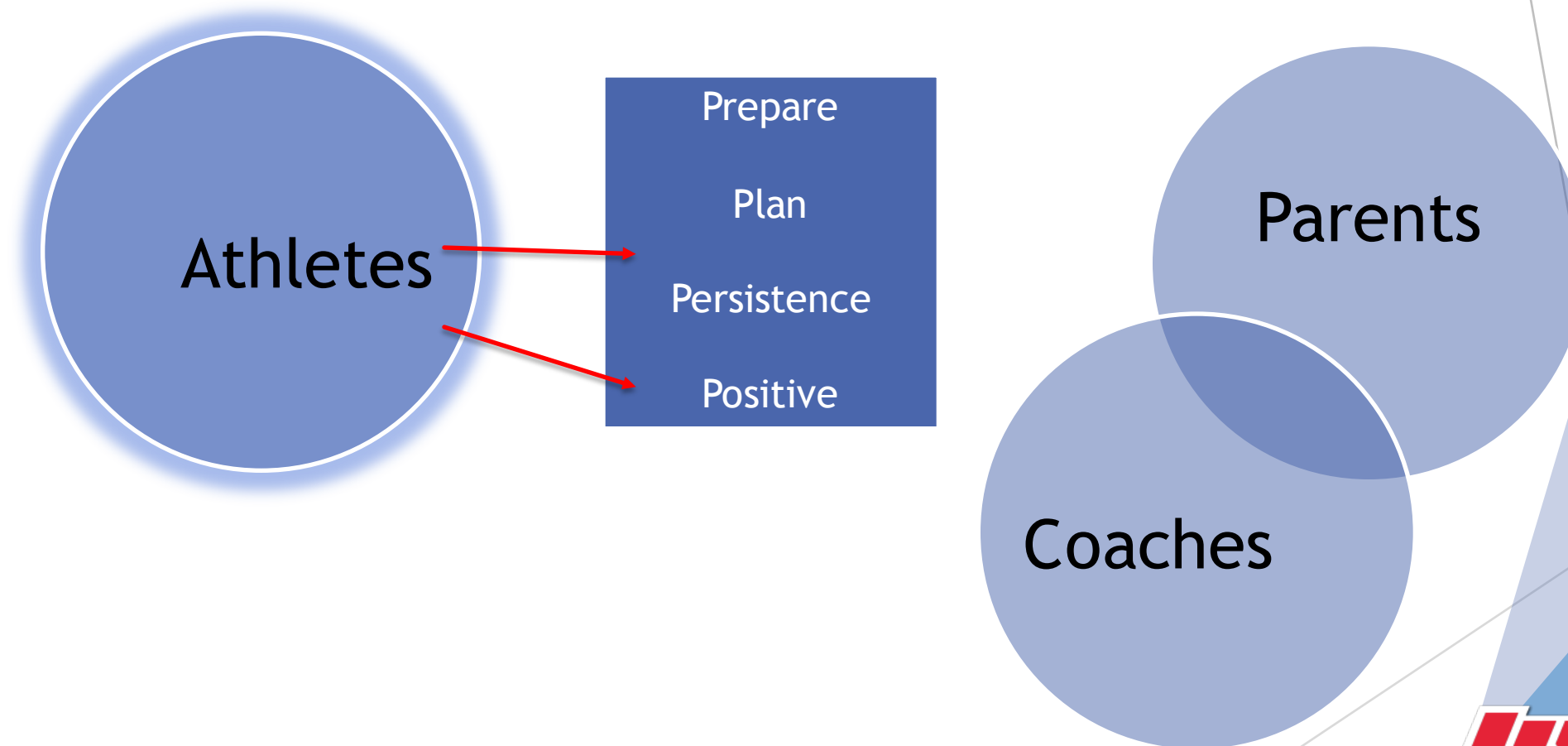
Coaches

Athletes

Parent/Coach/Athlete Relationship



Parent/Coach/Athlete Relationship



Parent/Coach/Athlete Relationship

Parents

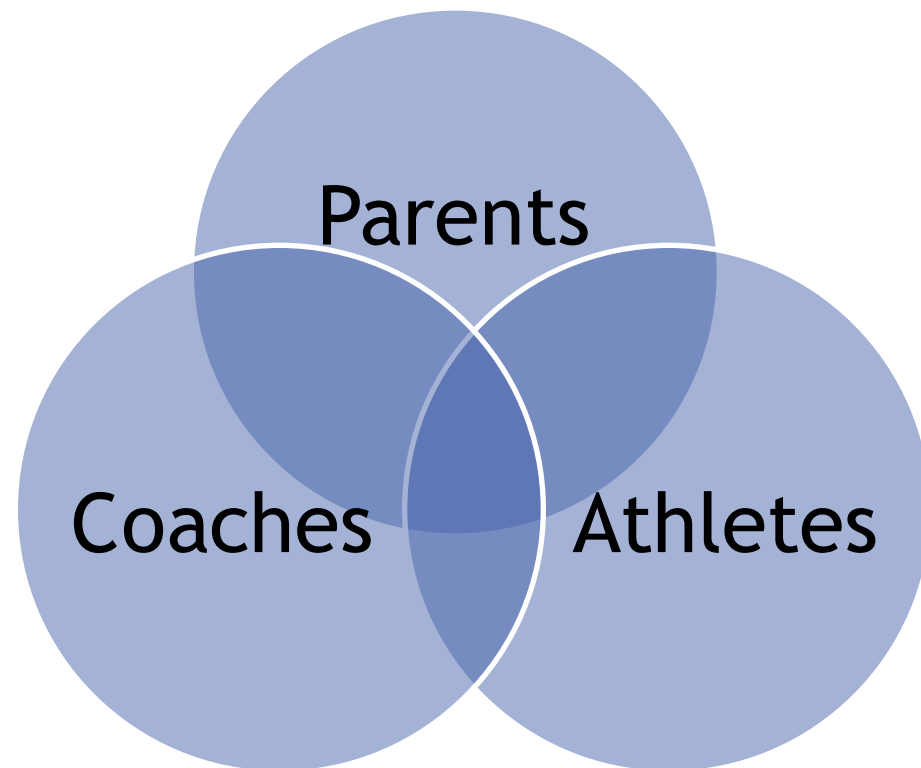
Support
Praise Effort
Get Involved
Ask Questions

"Making sure the youths are learning and having fun is the key. Parents have to remember that the game isn't about them."

Coaches

Athletes

Parent/Coach/Athlete Relationship



Parental Support of Coaches and Programs

- ▶ Ask Questions
- ▶ Learn the Sport and Culture
- ▶ Get to know the coach
 - ▶ Coach Philosophy
 - ▶ Coaching style
- ▶ Understand the program
 - ▶ What are the goals?
 - ▶ What are the plans?
 - ▶ How are the kids assessed?
 - ▶ What is the role and purpose of competition?



Parental Encouragement of Kids

- ▶ Ask the right questions
 - ▶ Did you have fun instead of did you win
- ▶ Understand THEIR goals
- ▶ Praise effort
- ▶ Give ownership

Goal Setting and Defining Success

- ▶ Process vs. Outcome Goals
- ▶ Think and talk big picture
- ▶ Emphasize Learning and Progress
- ▶ Support culture- less emphasis on winning
- ▶ Encourage perseverance
- ▶ Working towards goals = FUN!
- ▶ Conversations not about sports go a long way!
- ▶ Enjoy the outdoors with your children
- ▶ USASA Parent Membership!



Conclusions

- ▶ Very few kids become Olympians or professional athletes
- ▶ It's the journey, not necessarily the destination
- ▶ What do you want for your children
 - ▶ Self respect, self esteem and self confidence
 - ▶ Healthy, Happy.
 - ▶ Love of outdoors
 - ▶ Respectful Kind Caring
 - ▶ Good work ethic
 - ▶ Others?



“No athlete has ever reached their goals in any sport without the support of their parents”