



QUALITY SPORT | PARENTS

The idea of Long-Term Athlete Development and Long-Term Player Development are frameworks or roadmaps for age & stage appropriate steps towards quality movement in sport and life. When implemented correctly, they can help parents understand and connect with the development process.

Holistic athlete development means stakeholders are focused on the athletes' entire development. To help simplify this meaning, it has been broken down into the 5C's.

- Competence – physical ability such as speed, strength, endurance, etc. +
- Competence – technical/tactical abilities such as dribbling, passing, etc. +
- Character – mental/psychological ability such as respect the game, teammates, opponents, etc. +
- Confidence – mental/psychological ability such as resilience, grit, mental toughness, etc. +
- Connection – social/emotional ability such as having fun, relationships with teammates, etc.

Sport parent roles are different than they were a generation ago. Many feel they must fight for their child's opportunity, schedule them up in order to gain the advantage and forge an easier sport path for them. This is not accurate, and requires education, trust, and courage to recognize what being a quality sport parent entails, so families can live these values daily.

TOP FIVE THINGS PARENTS CAN DO TO HELP NURTURE A QUALITY SPORT EXPERIENCE:

1. Ensure your child is having '**FUN**'. This is the main reason kids play and will continue to do so.
2. Provide & support your child with a quality club, coach, and coaching environment. Ask questions.
3. Expose your child to a variety of sporting experiences vs specializing in one sport.
4. Work in partnership with the child's coach to help foster mutually agreed upon positive outcomes.
5. Master the 12-word quality sport parent vocabulary.
 - a. Leaving the car = 'Have fun'.
 - b. Returning to the car = 'I just love to watch you play'.
 - c. And in general, on weekends = 'Just go play'

TOP FIVE STRATEGIES FOR BEING A QUALITY GAME DAY PARENT:

1. Focus on and celebrate the processes that underpin performance not the short-term outcomes.
2. Ask lots of [questions](#) that allow your child to reflect on the sporting experience.
3. Think about parent '[behaviour on the side-lines](#)' & have some positive strategies in place.
4. Keep things in perspective, treats highs and lows in equal measure where possible.
5. Be conscious of the '[Car Ride Home](#)'. Try your best to be a parent and not use this time to get things off your chest no matter how frustrated you may be feeling.

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