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## Questions Parents Need to Ask

### When Choosing a Sports Club

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# *We all want strong healthy kids.*



## *Childhood goes by so fast.*

We want them to enjoy every bit of fun they can squeeze out of it. We fill these early years with the best opportunities for learning as we help them discover who they are and what purpose they are to fulfill. We also know that their health and fitness will deeply affect their ability to learn and enjoy their childhood. This is why sports have always been such a big part of the growing years.

Choosing the right sports club for your child needs to be a priority. The impact it will leave on them, especially if they stay for any length of time, will last a lifetime. But how do you decide what is the best club for your child? Asking these three questions before you register your son or daughter will clear away much of the fog and bring a sense of assurance.



# Who Will Be Coaching My Child?



## *A coach's impact on a child is powerful!*

Their influence can cause a child to flourish - not only in their sport, but also throughout life. Unfortunately, it can also cause them to flunk out of life. We're all familiar with both outcomes whether through personal experience or observing the effects a coach has had on others.

Coaches will impact the emotional, cognitive, and physical development of your kids for the rest of their lives. Choosing a club or organization that places your child's personal growth and development over winning is the best way for an individual or team to reach their highest athletic potential.

As you begin your search, keep this in mind: it's not how many wins they had that they'll remember, how long the drive was to practice, or how much you paid. It's how the coach treated them. If we want our kids to excel in a sport - and afterward in life - we must place this consideration high on the list.

*"Children and adolescents participating in youth sports are at a vulnerable developmental age. Children develop intimate emotional bonds with their parents, and then with their school teachers throughout the day. The next primary person to have such a strong and significant impact on the emotional and mental psyche is a sport coach."*

*(Association for Applied Sport Psychology)*

# *Consider these questions as you evaluate whether or not the coach is a good fit:*



Is this coach a good role model for my child?



Will the coach provide a positive learning experience for my child?



Will the coach encourage and recognize his or her achievements?



Do they foster a growth mindset that views failures as stepping stones toward success?



Is this coach interested in my child's future and developing lasting character?



Is the coach well-trained and committed to ongoing learning?

***If you can answer yes to these questions, you've found a great coach!***





# May I See Your Curriculum and Lesson Plans?



***Growth and progress does not happen by chance.***

As a parent you already know this! Good parenting takes intentional effort and long hours of thought and planning with a vision of who we want our children to be. Good sports clubs know this too. All successful sports clubs that produce winners not only have a caring, well-trained coaching staff, they also have a carefully crafted training plan. A sports club should support your efforts by helping your kids develop their full potential in this specific area of their life just like a music or art teacher develops your child's potential in those areas. No good teacher will ever just wing it!

Ask to see a copy of the current curriculum and lesson plans. If they cannot produce it, then think twice about signing up your kids! How can you know if your child is progressing if they don't know where they're headed? How can you measure success without a clear goal?



# What Part Do Parents Play in Your Program?



*A good sports club recognizes that parents are the key to their child's success.*

We know that achievements in sports - or any endeavor - depends on a parent's appropriate level of involvement. Good coaches communicate with parents as often as possible and welcome their questions. They can help avoid both extremes that have affected the sports culture in our society: too much pressure on a child to win or zero interest in a child's progress. The key is communication! The emphasis should be on the child's growth and development physically, mentally, and emotionally, not on winning. When both parties are committed to what is best for the child, they will communicate often and work together to find the best ways for the young athlete to experience progress.

A parent's role is critical. Choose a sports club that recognizes this fact and is eager to work with you to achieve the best outcome for your child.



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