

Parenting Student-Athletes

- You are the gatekeeper, you hold the key, and you make the difference for student-athletes.
- Promote winning with humbleness and losing with dignity.
- Emphasize teamwork, camaraderie, cooperation, loyalty and teach “we” instead of “me”.
- Stress the quality of treating others as you wish to be treated. Do not insist on placing blame.
- Enforce the responsibility to react to disappointment with a proper attitude and help student-athletes learn from failure.
- Promote hard work, service to others, overcoming adversity and accepting responsibility.
- Lead others by setting a positive example of sportsmanship, maturity and character.
- Express that parents are a positive model and the only actions that will be remembered by the child are admirable ones.
- Encourage participation and the benefits of involvement in the growth, maturity and success of the student-athlete.
- Promote hard work and not the obsession with involvement in the child’s sports or student-athlete’s personal achievements.
- The efforts of kids are pure and genuine. Look for positives and avoid ridicule.
- Love your child for who they are, not dependent upon performances as a student-athlete.
- Maintain a sense of humor. Kids are participating because of their love and enjoyment of the sport.
- Influence others to understand that, in the longevity of life, what will be remembered about a contest will not be the score but rather the life lessons learned.

Source: Blackburn, M. Parenting the Student-Athlete: Promoting the Need to Encourage, Not Push. Interscholastic Athletic Administration, Spring 2009.