

Education Series

Respect in Sport Parent Edition

Sept | 2019

Why Do Kids Quit Sports?

70% of children leave sports by the age of 13. For every 1 boy, 6 girls will leave sport behind. The number one reason they leave is because it stops being fun. They are not having fun because they fear making mistakes, being yelled at and criticized and because of the emphasis on winning.

Parents have the most direct impact on how their child views the "fun" in sport. The most important statements you can tell your child before a game are: "Work hard, have fun, I love you."

The most powerful statement to a child after a game or activity they love is simply "I Love Watching You Play". Try

Negative Impacts on Your Child's Sport Experience

The top negative impacts on your child and coach's experience in sports are:

- Misplaced Enthusiasm ("*Don't let me down*")
- Living Through Your Child ("*I would have made it big*")
- Use of Guilt ("*I spend all this money on you..*")
- Making the Bigs approach/attitude ("*Olympic team!!*")
- Losing Perspective ("*Your coach is the reason you aren't already on Team Canada*")

Parents and Coaches

Similar interests at heart. The development of the child's skill and continued interest in the sport. Remember to always give yourself 24-48 hours before approaching the coach with a concern or displeasure with an event – ANY event. The way you approach the coach could have negative impacts on you, the coach, the Club and most importantly, the child.

Parents and Officials

Officials are often young, learning on the fly, doing the best they can and in a role where they are in charge. Be respectful and supportive of the officials, they are only human and deserve the same 24-48 hour rule as coaches do from all parents.



I Love Watching You Play