

PARENT OF YOUTH ATHLETE CHECK LIST SURVEY

1

Do I show as much enthusiasm for my son/daughter's academic performance as I do for their achievements in sport?

2

Have I told my son/daughter that their athletic performance does not define their self-worth and that they are always free to try other sports or activities?

3

Did my athlete approach the coach directly with a problem or issue this year or did I do it for them?

4

Have I told my athlete that they do not play sports for my benefit or for my satisfaction, but rather for their teammates, friends, and themselves?

5

Do I watch every minute of every practice? If so, why do I do that when I could be [insert activity]?

6

Do I focus on my son/daughter's work ethic and effort when praising them after a game or do I too often focus on their performance?

7

Have I said anything negative about coaches or players on the team within earshot of my son/daughter?

8

When I see problems in my association or team do I work to help find a solution or just complain about the issues?

9

Do I compare my son/daughter to other players?

10

Does my son/daughter sit quietly in the car ride home from games while I do all the talking (often, about the game)? If so, here's a hint: stop talking about the game.

11

Have I encouraged my son/daughter to be a leader and find ways to solve player conflicts on our team?

12

Have I spent time considering how to positively influence sport to enhance my son/daughter's character rather than improving performance?