

Positive Sport Parent/Caregiver Self-Assessment: Supporting my Athlete

Positive Coaching Alliance's mission is to change the culture of youth sports so that every child, regardless of social or economic circumstance, has access to a positive youth sports experience. A positive sport parent/caregiver acknowledges the many benefits that sports done right can have and supports their athlete in recognizing and developing life skills. A positive sport parent/caregiver also keeps in mind the effect that their words and actions can have not only on their own athlete, but all others on the team.

Identifying where your successes and where you can improve is the first step in being the best sport parent/caregiver you can for your athlete. **Assess yourself on each of the statements below using a 1-5 scale. (1 = never, 2 = seldom, 3 = sometimes, 4 = often, 5 = always).**

Skill Development

By encouraging continuous skill development through effort, we can help our athletes grow regardless of the competition results. Reminding them of our support, whether they succeed or fail, can help them feel more comfortable trying new skills - both on and off the field.

- _____ 1. I reinforce with my athlete that it is OK to make mistakes.
- _____ 2. I tell my athlete that I appreciate their best effort even if it falls short of the desired result.
- _____ 3. I help my athlete value learning and improvement over outcomes and comparison with others.

Positive Encouragement

Using positive encouragement with our athletes in the form of truthful, specific praise can help uplift them. When an athlete feels supported and encouraged, they are more likely to enjoy their experience and succeed.

- _____ 4. I lead interactions with my athlete with empathy by listening to understand their perspective, validating what they say, and providing any support they may need.
- _____ 5. I avoid immediate and critical debriefs with my athlete right after a game or practice.
- _____ 6. I use '[No-Directions Cheering](#)' to help eliminate confusion and frustration caused by negative or instructive cheering and stick to words that will only help uplift my and other athletes.

Treating All Aspects of the Game with Dignity

Parents can support athletes by modeling positive responses to challenging situations and treating all aspects of the game with dignity (rules of competition, opponents, officials, teammates, and self).

- _____ 7. I model positive responses towards the sport and all involved by paying attention to my feelings and using a self-control routine when I feel like I need a second.
- _____ 8. I refrain from speaking negatively about or questioning my athlete's coach in front of them.
- _____ 9. I recognize that everyone has a different perspective on each play, that officials are human and may make mistakes, and when I disagree with a call, I keep it to myself.

