



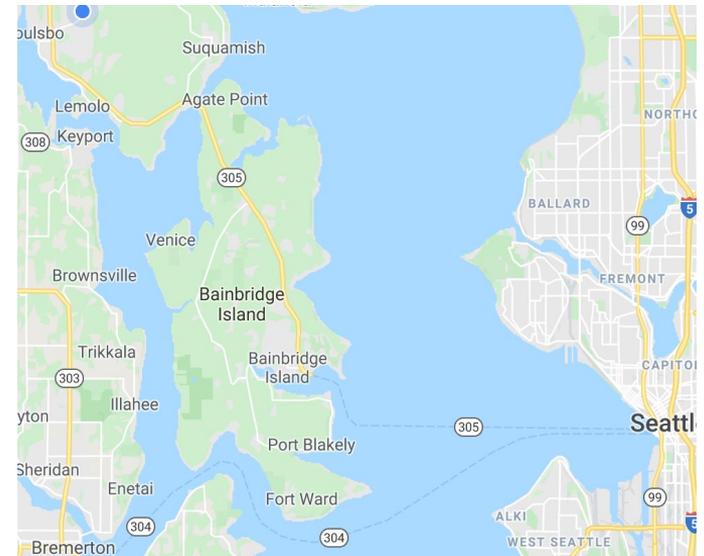
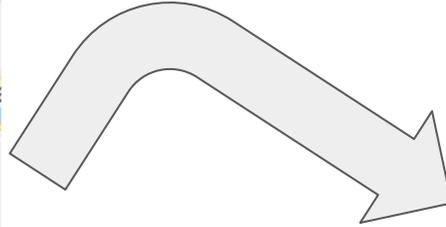
Team Sports/Activities:
The Parental Role in Your Child's Athletic Experience During the Pandemic
#BLACKLIVESMATTER



Connections Cafe: let's meet online



The Journey is the Reward





My Covid Journey

- Family Time / Dinner Together
- Fortnite / Screen time
- Soccer or No Soccer
- Re-energized
- Missing the Kids
- Zoom Calls
- Lots of Failures
- Preparing, Preparing, Preparing
- #BlackLivesMatter





Life Lessons thru Sports

RESILIENCE

RESPECT

HUMILITY

MENTAL STRENGTH

DISCIPLINE

RISK V REWARD

TRUST

TEAMWORK

PATIENCE

FOCUS

MULTI-TASKING

FAILURE

**LEADING AND
FOLLOWING**

COMMITMENT

CONFIDENCE

GOAL SETTING

RESPONSIBILITY

**DEALING WITH
PRESSURE**

**CREATING A
HEALTHY LIFE**

SELF-REFLECTION



Current Sports Status

Where is Kitsap County?
Each Families Choice
Club Protocols
Family Communication
First Training Session Back



“Take the field! ... And remember: Your parents are counting on you to achieve their unfulfilled dreams of sports glory!!”



Sports Parenting Bingo

Monk Seals @ MN Zoo	A Sounding Board	Reflection	What should I be looking out for before returning to sports?
Who's Journey is it?	The Multi-Sports Athlete	How do we pick a Activity/Sport for my Preschooler?	Giving Feedback.. When/Where?
The Student Athlete	Stepping Stones	What to look for in a coach	Great try... unlucky!
Committing to a Select program	The McCallum Boys	College Sports	Parent Health



Q & A

How can I encourage my child to stick with and enjoy a sport for the sake of a fun, healthy lifestyle if they struggle with feeling like they aren't good enough to be competitive at any sports? For example: my child enjoyed playing a couple different sports until it became clear that in order to stick with the sport he had to push himself harder to make it to the next level or stay at a level with younger children. Even though he enjoyed the sport, it no longer felt like there was a place for him. In college there are intramural sports where you can join for fun regardless of your skill level. My perception may be off - but it doesn't seem to be the case with many sports as kids are growing up. There is a perception that once you get to a certain age you're either good enough to move to varsity or select or you quit because it's not as accepted to just do it for fun and exercise.

How to help a younger child (preschool/early elementary) choose a sport - especially if they are not athletically-inclined, and now it's even harder to try new things (and it's usually an investment even without the pandemic)? Also, if you sign him/her up for something (that they said they wanted to try) and then you have to drag them there - would you have them stick with it or let them stop? (What should that initial agreement be not to discourage them)? Thank you!



Q & A

Can you give suggestions on how to parent the child through the losses, both big and small? Example of losses range from having a bad day at practice, losing a game or tournament, to not being accepted to a team.

What do coaches really want from parents (at each age)?

How crucial is the parents role to athletic development? Why? For example, the choice of sport, financially supporting it, and their "interpretation" of their child's experience, etc.

How do I get my kid to take their commitment seriously? They want to play but won't practice and sometimes I have to force them go or force them to take practice seriously.

We have three kids all playing select sports....help, how do we make it work?



Thank You

Ian McCallum

E: ian@bifc.net

C: 206-229-5535

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