

Kids Sport Checklist

By Laura Cooper Peterson

- Seleting the Sport
 - Make sure child finds the sport fun and interesting.
 - Expose your child to a variety of physical activities.
 - Let the child's desires and abilities act as a guide to commitment.
 - Spend some one-on-one time with your child practicing and learning different sports.
 - Allow your child the freedom to try different sports.
 - If your child is interested in a particular sport, check out the programs available at school or local organizations.
 - Consult with your doctor about participation in organized sports.
 - Do a pre-sports checkup.
- Parental Guidance
 - Make sure the child has the proper sports equipment.
 - Have your child bring the required equipment to and from all games and practices.
 - Provide transportation to and from all practices and games or meets.
 - Make sure your child never talks with, or leaves with, strangers.
 - Attend practices and games or meets if your schedule allows.
 - Support your child's coach.
 - Do not disagree with the coach in front of your child.
 - Don't pressure a young child to focus only on winning.
 - Encourage your child with positive support and coaching.
 - Encourage your child to give activities the best effort possible.
 - Teach your child that involvement means certain responsibilities.
 - Avoid pushing too hard, overprotecting or academically delaying a child for competitive reasons.
 - Help your child follow a philosophy of "fair play."
 - Practice with your child.
 - Avoid material rewards.
 - Do not criticize.
 - Make fun and technique-development top priorities when practicing.

- For Players
 - Enjoy the game!
 - Respect teammates, as well as opponents.
 - Remember that understanding and pure enjoyment of playing is the most important.
 - Remember that scoring is most thrilling when it rewards a true achievement.
 - Recognize that seeking victory at any cost defeats the true meaning of competition.
 - Show respect for the referees, umpires and judges at all times.
 - Lose gracefully, as well as win gracefully.
 - Try your best.