

Kids Sport Checklist

By Laura Cooper Peterson

- ☐ Selecting 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.