

# 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.