

An Athlete's First Experience

A Parent's Wish

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I hope you get the opportunity to experience both winning and losing and can do so with equal grace, but I want you to understand that the real purpose of sports is the joy and satisfaction of playing.

I hope you develop a true love for the sport so you can have fun, feel good about yourself and learn the essential life lessons regardless of the outcome.

I hope you learn to set goals and work hard to improve but when things do not go well, I want you to be determined, persistent and resilient, never giving up or giving in.

I hope you learn to pursue self-improvement and victory with equal passion but I want you to do so for the enjoyment and sense of accomplishment it brings to you and not to please anyone other than yourself and your team.

I want and expect you to always conduct yourself in a way that brings honor to yourself, your team, your coaches, and your family.

I want and expect you to be a model of good sportsmanship, treating teammates, opponents and officials with complete respect, resisting any temptations to boast, argue, make excuses or complain.

I want and expect you to respect both the letter and spirit of the rules that define your sport and avoid ever cheating or any form of gamesmanship tactics.

And most of all, I want you to know how proud I am of you.

Love,
Mom and Dad

Other Proactive Coaching materials written for parents:

Booklets: *The Parents Role in Athletics and Confidence*, *How parents can help build a confident athlete*

Materials for Athletes:

Booklets - *Life Lessons, Compete (13 Traits of Elite Competitors)*, *Captains 7 Ways to Lead, Playing With Confidence*

All available at www.proactivecoaching.info

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