

A.S.S.I.S.T. IN ENHANCING YOUR CHILD'S SPORT EXPERIENCE

- 1) Assess motivation
 - Most children play sports for multiple intrinsic reasons: to have fun, to be with their friends, to improve their skills, and to make a contribution
 - Reinforce intrinsic motivation by asking if they had fun, if they used any skills they were practicing; don't let the first question be "Did you win?" or "How much did you play?"
 - Winning is almost always secondary in nature
 - Avoid over-emphasizing winning or being the best; this can lead to an over-reliance on social comparison, an increased need for external rewards and feedback, unhealthy behaviors
- 2) Set appropriate goals
 - Set process, performance, and outcome goals but keep the focus on the fundamentals of the sport
 - Make sure children set goals that are controllable and realistic
 - Set goals relative to their own standards (increases perceptions of competence)
 - Set goals for practice and encourage children work to improve something each day
 - Deemphasize outcome, keep winning in perspective and encourage your child to do the same
- 3) Seek balance
 - Help your child to develop a well-rounded identity beyond that of just an athlete
 - Compliment your child for more than just athletic performance
 - Encourage participation in other activities and academic success
- 4) Interact positively
 - Appropriate behavior before, during, and after competition is important
 - Cheer, encourage, congratulate, and console-be supportive of your child and of everyone else
 - Turn your child over to the coaches at practices and competition, allow coaches to do their jobs
 - Watch what you say at home!
- 5) Support your child
 - Let your children know that you'll help if asked, and then be there if they need you
 - Help your children to meet their responsibilities to the coach and team (being on time, staying in shape, eating healthy foods, etc...)
 - Show unconditional support and teach them how to support teammates, even when competing for playing time
- 6) Teach life skills
 - Help your child to understand the many lessons that can be learned through sport (time management, cooperation, teamwork, leadership, dedication, responsibility, etc...)
 - Talk with them about ways to handle disagreements with others, looking at the issue from all sides

QUICK PARENT TIPS

- Have a post game routine with your child and ask how they want you to discuss competition
- Use the feedback sandwich (+, constructive advice, +)
- Set goals together (then ask how they are progressing)
- Make a "to do" list to encourage a focus on success (not a "don't" list)
- Ask for feedback on your performance as a parent



RAISING THE BAR

Peak Performance Zone	<i>What can I do to improve each day?</i>
Comfort Zone	<i>What do I need to do to be content?</i>
Pride Zone	<i>What is the minimum expected of me?</i>

10 TIPS FOR IMPROVING YOUR MENTAL GAME

1. *Each day ask yourself, "What will I do today to make myself better than yesterday?"*
 - Always work to get better. Ask for feedback from coaches and teammates.
2. *Train your mind and your body.*
 - The difference between good and great often comes down to your mindset; talent only gets you so far.
 - Know your focus, your attitude, and your energy level when you play your best and recreate it every time.
3. *Choose to be confident.*
 - Confidence comes from preparation, trust, and focus.
4. *Focus on yourself and on playing and practicing your best.*
 - Others may have more experience, but you're not being asked to be them. You're expected to do what you can do and do it to the best of your ability.
5. *Control the controllable.*
 - You don't control other people. You only control your own play and your own mindset. Make sure you do the little things necessary to succeed.
6. *Focus on the task (playing your sport) not the situation.*
 - Don't complicate the game by making it more than it is. You just need to play the game you know how to play.
7. *Be your own biggest cheerleader.*
 - Never tell yourself anything that you wouldn't let anyone else get away with.
8. *Choose to be the player you want to be every game and every practice.*
 - Know your attitude, your role, your strengths, your daily goal, and others' expectations.
9. *Know what you are working towards.*
 - Know where you want to end up. Each day can take you one step closer to your ultimate goal, but only if you choose to make the most of each moment. Set specific, realistic, process-oriented goals for practice and competition.
10. *Align expectations with reality.*
 - Have an honest assessment of your skills, ability, and your role on the team.

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