



Coach Education
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Positive Sport Parenting

Course Objectives:

- To evaluate what type of parent you are
- Understand the mission of interscholastic athletics
- Learn the consequences of negative behaviors and attitudes by parents
- Understand reasons why parents lose perspective
- Understand the goals of your child
- Holding realistic expectations
- Placing academic goals over sport goals
- Understand the different roles you take in your child's sport
- Recognizing situations that parents are more likely to behave badly
- Recognize how to respond to situations
- Recognize ways to improve behavior to be a more positive sport parent

Unit 1: What Interscholastic Athletics are About

- Welcome
- What Kind of Sport Parent Are You?
- Interscholastic Athletics
- Losing Perspective

Unit 2: What You and Your Child Want Out of School Sports

- Goals
- Realistic Expectations
- Academic Goals

Unit 3: Having a Successful Educational Sport Experience

- Be Supportive
- Be Encouraging
- Be the Interpreter
- Being a Model

Unit 4: Making the Call

- You Decide

Unit 5: Plan for Improvement

- Taking Action

Unit 6: Conclusion

- Keeping Perspective

Resources: Action Plan; Communicating With Coaches; Dos and Don'ts of Sport Parenting; Keeping Perspective; Parent Self- Assessment; Parent Self- Assessment Results; Parents That Coach Their Child in Sport;; Probability of Competing in Sport Beyond High School; Sportsmanship Expectations; Videos: Hostile Crowd and Boisterous Parent