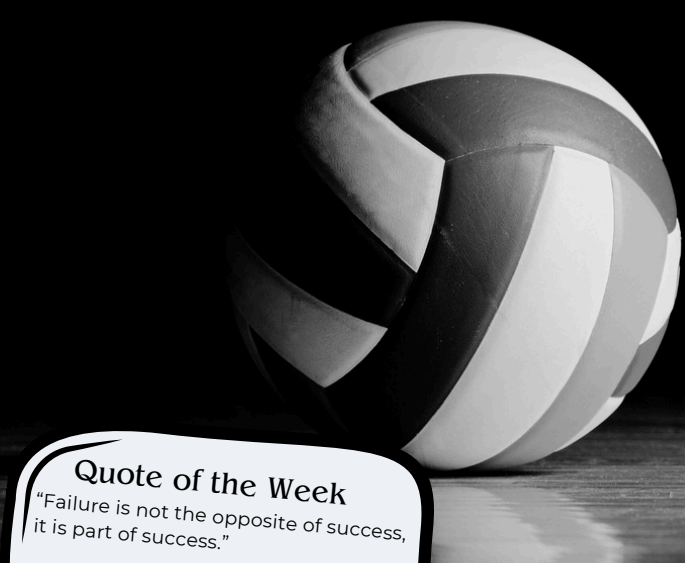


The Court Chronicles

“Your child’s success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.”
-Anonymous



Sport Parenting 101

Do

Foster independence by allowing your athlete to take ownership. This can help them become more disciplined and self motivated. A sense of ownership as an athlete will improve their focus and training habits. Parents must be a positive role model by supporting the team, have positive attitude, and help your child understand that winning isn't everything.

Don't

Orchestrate your kids' teams. Over-involved parenting can lead to the child having less enjoyment in the sport, and can cause the child to quit sports altogether. Instead, parents should allow the child to explore the sport at their own pace and let them make their own decisions.

Quote of the Week
“Failure is not the opposite of success, it is part of success.”
-Motivational Life

BOOK CLUB

The Gift of Failure
by Jessica Lahey



In Chapter 4 of *The Gift of Failure* by Jessica Lahey, titled “The Power of Natural Consequences,” Lahey emphasizes the importance of allowing children to experience failure and its natural consequences. She argues that when parents intervene too quickly to solve problems for their children, they deprive them of crucial learning experiences. Instead of shielding children from failure, Lahey advocates for letting them face the consequences of their actions, which fosters resilience, problem-solving skills, and accountability. She highlights how natural consequences allow children to understand the real-world impact of their decisions, helping them grow and become more independent. The chapter encourages parents to step back and let their children navigate challenges, ultimately guiding them toward self-reliance and confidence in their ability to handle setbacks. Through this process, children develop important life skills that serve them well in adulthood.

FROM THE VAULT

Why do we pay so much money for our kids to do all their sports? I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do. So, if I am not paying for sports *what am I paying for?*

I pay for my kids to learn to deal with disappointment, when they don't get that placing or title they'd hoped for, but still they go back week after week giving it their best.

ALUMNI HIGHLIGHT



Emily Heuiser
CCVB and Carroll College Volleyball



Kayten Hagan
NVA and McCook Community College Volleyball

Kyle's **DAD** Joke
of the week!

How many tickles does it take to make an octopus laugh?

Ten Tickles!



Upcoming Games

- 2/14/2025** LOVB MAD v. HOU
4:30pm CST on ESPN+
LOVB AUS v. LOVB SLC
7:00pm CST on ESPN+
- 2/15/2025** LOVB OMA v. TBD
4:30pm CST on ESPN+
LOVB ATL v. TBD
7:00pm CST on ESPN+