

**ELK RIVER FOOTBALL**

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# ELK RIVER FOOTBALL



## ASSISTANT COACH - 5 YEARS

**Marquette Senior High School (MI)**

**Tawas Area High School (MI)**

## HEAD COACH - 21 YEARS

**Bad Axe High School (MI)**

**Gibraltar Carlson High School (MI)**

**Woodland High School (GA)**

**Elk River High School (MN)**

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## Youth Sports

### Participation Numbers

According to a poll from the [National Alliance for Youth Sports](#), around 70 percent of kids in the United States stop playing organized sports by the age of 13

Why? And What can we do?

The main reasons kids quit sports are:

- It's not fun anymore
- Pressure to perform...to Win!
- Their own perceptions of their own lack of competence at the sport

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## Youth Sports

Make it Fun

How can parents help to promote *fun*?

- Be upbeat and excited about almost everything that happens.
- Find something to value and encourage in your child.
- Consistently reinforce indications of skill improvement, effort, and good [teamwork](#). Say, for example, “Way to go! You gave a lot of effort.” or “It’s great to hear you encouraging your teammates!”
- Look for opportunities to keep things in perspective. For example, if your child complains about losing a game, you might say, “Hey, I know how you feel, but everybody loses sometime. The important thing is to do your best and have *fun*.”
- Ask your child, “Did you have *fun*?” Hopefully, the answer will be “yes,” and you’ll see evidence of the joy of playing.

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## Youth Sports Pressure to Perform

- **How to ease the pressure**
  1. **Do not make it about winning!** The focus should be on playing a game, not winning a game.
  2. **Reward effort, not game results**
  3. **Have fun during the games, smile, joke, relax!** The kids will follow your lead

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## Youth sports Changing their perceptions

- Kids quit because they don't think they are any good
  1. Emphasis the positives of playing.
  2. Talk about Development and improvement.
  3. Celebrate success of any kind. Kids need to feel like they have a purpose and are being successful

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## Youth Sports

## Parent Roles

### How to help your child enjoy sports

- **Avoid reversed dependency phenomenon - Don't define your self-worth with their success**
- **Emphasis Fun and Effort not winning!**
- **Remember this is also Social development for kids**
- **Share your child**
- **Accept their disappointments**
- **Demonstrate self-control**
- **Let them make their own decisions (More as they get older)**

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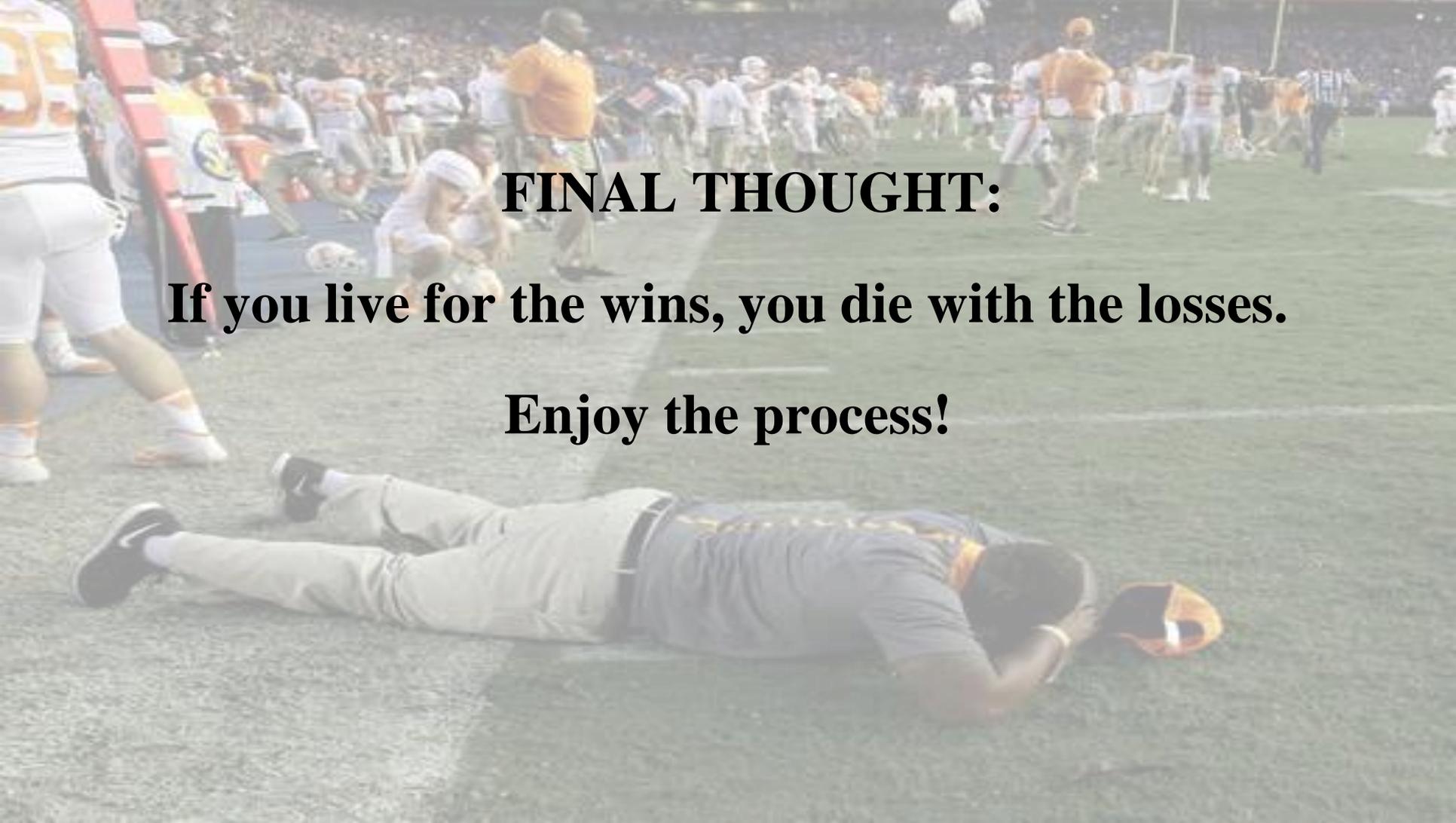


## Youth Sports

### Parent Roles

#### Conduct at Sporting Events

- **Do remain in the spectator area during the event.**
- **Don't interfere with the coach. Parents must be willing to give up the responsibility for their child to the coach for the duration of the practice or game.**
- **Do express interest, encouragement, and support to young athletes. Be sure to cheer good effort as well as good performance. Communicate repeatedly that giving total effort is all that is expected.**
- **Don't shout instructions or criticisms to the children.**
- **Do lend a hand when a coach or official asks for help.**
- **Don't make abusive comments to athletes, parents, officials, or coaches of either team.**

A photograph of a football player lying face down on a green field. The player is wearing a grey jersey with orange accents and khaki pants. A football helmet is on the ground next to his head. In the background, other players in white and orange uniforms are visible, along with spectators in the stands. The scene is set during a football game.

**FINAL THOUGHT:**

**If you live for the wins, you die with the losses.**

**Enjoy the process!**