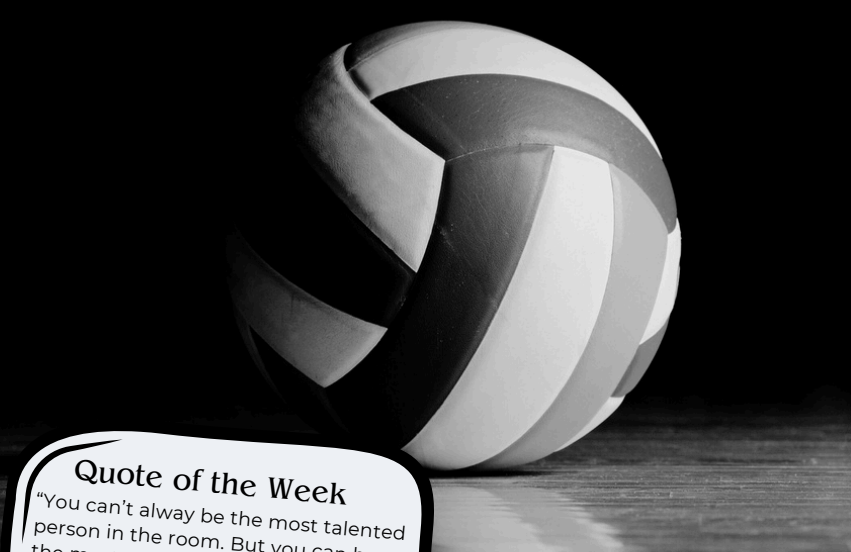


# The Court Chronicles

“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

Model positive behaviors and be the best role model you can be. Kindness, forgiveness, and humility are all character traits children can learn about by watching how their parents handle situations.

### Don't

Overreact to injuries until you know the severity. Remain calm and help your child communicate their pain. Ask clarifying questions. On the contrary, telling your child “you’re fine” may cause them to hide potential injuries which can cause more damage later. Simply stay calm and communicate as clearly as possible until there is a solution.

**Quote of the Week**  
“You can’t always be the most talented person in the room. But you can be the most competitive.”  
-Pat Summit

## BOOK CLUB

*The Gift of Failure*  
by Jessica Lahey



In the introduction of *The Gift of Failure*, Jessica Lahey critiques the parenting practice of removing all potential setbacks from their child’s lives and how this unintentionally hurts their development. The setbacks, mistakes miscalculations, and failures are the very experiences children need to learn how to be resourceful, persistent, innovation, and resilient. She emphasizes that failure is essential for growth, helping children learn problem-solving and self-regulation.

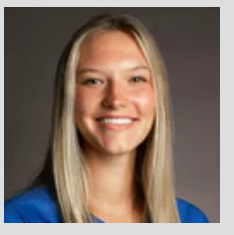
As parents, we can sometimes research, plan and construct such a comfortable world for our kids that we forget to teach them how to adapt to the world on its terms to be successful citizens. Sometimes it’s easier to self-sooth as parents by shielding our kids from risk than pause and decide which risks are necessary. We are going to have to remove our egos from our children’s lives and allow them to feel the pride of their own accomplishments and pain of their own failures.

## FROM THE VAULT

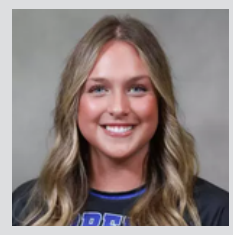
Why do we pay so much money for our kids to do all their sports? I have a confession to make; I don’t pay for my kids to do sports. Personally, I couldn’t care less about what sport they do. So, if I am not paying for sports *what am I paying for?*

**I pay for those moments when my kid becomes so tired they want to quit...but don't.**

## ALUMNI HIGHLIGHT



**Paige Bartsch**  
CCVB and Boise State  
Volleyball



**Elli Mehlin**  
NVA and UNK  
Volleyball

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

Why did the chicken fall in the well?

Because the chicken didn't see that well.



### Upcoming Games

- 1/15/2025** LOVB ATL v. AUS  
7:00pm on LOVB
- 1/17/2025** LOVB SLC v. MAD  
8:00pm on ESPN U
- 1/18/2025** LOVB HOU v. SLC  
6:00pm on ESPN +  
LOVB OMA v. MAD  
6:00pm on ESPN U