



**What is the Purpose of Athletics?
Why do we want our child to be involved in a sport?**

When Parents are asked these questions, many will respond with one of these:

- Promotes Confidence
- Provides Exercise
- Experience Team Concepts
- Build Individual Skills – Learn the Game
- Create Understanding of Winning and Losing
- Get to participate with Friends, meet new kids and have Fun
- Learn about Sportsmanship and being a good citizen
- Relationship of Effort and Accomplishment

All those are good reasons for being involved in sports- somewhere along the way winning and the scoreboard often becomes the only measuring point for many.

When was the last time you asked your child a direct question on the purposes above ...

- Did you gain Confidence at Practice/Game today? How?
- Was that a good workout? Can you push yourself more?
- Do you like being part of a Team? Why?
- What did you learn today – did you try something new?
- What have you learned about Winning (or) Losing? Why?
- Did you enjoy the practice or game? Why?
- How was Sportsmanship Shown (good and bad) today?
- Did you give your best effort? How did that feel?

Instead we usually ask... “Did you win? How many points did you score?”

It becomes Scoreboard related only!!! It is OK to ask that – but wait until after you ask a few other questions.

P.L.A.Y.'s IMPACT Committee, in accordance with a variety of resources, has come up with a series of topics and over the Basketball Season and will look to address one topic each week.

Coaches – Please review these topics with your players (even if for only 5 minutes, before, at or after practice) and try to make points on each topic as a "Weekly IMPACT Resolution". It is sometimes hard to stay on a topic for a whole season, but put them in small nuggets and work on those areas. It will help with the big picture and help answer why you want your child in athletics. The items and questions above will be covered in weeks to come.

Parents – Please be sure to preview with your player so that when the Coaches speak on it, they are aware of the topic. Then at the end of the week, Coaches and Parents can check back with the players to see what they have learned on the topic of the week. (Again, 5 minutes.)

The IMPACT Committee would like you to take a look at the WEEKLY TOPICS (posted on the website) and use that as your **IMPACT Resolution – Talking Point** for at least a week. Revisit one if needed as the season goes on.

I.M.P.A.C.T. - I Make Positive Actions Count Today