



THE CONNECTICUT INTERSCHOLASTIC
ATHLETIC CONFERENCE



THE CONNECTICUT ASSOCIATION
OF ATHLETIC DIRECTORS



THE CONNECTICUT HIGH SCHOOL
COACHES ASSOCIATION

Presents

PARENTING YOUR STUDENT-ATHLETE

A supplement to the parenting DVD <http://www.caadinc.org/parentvideo.html>

Parents often claim "Things have changed since I was a kid" and of course they have. Today schools work hard to provide your sons and daughters with a well rounded educational experience. Part of that educational experience is the school's athletic program.

Most parents are familiar with recreation and elite youth sports programs where parents are intimately involved in all aspects in the success of their child and in some cases they are actually coaching their child. We know it is difficult as a parent to "cut the cord" and relinquish your child's prowess to another individual but this is how they will develop and grow into young adults. When your son or daughter enters into a school program there has to be a realization that they are being nudged out of the nest and being given the opportunity to fly on their own. This handout will hopefully help you better understand how as a parent you can help your son or daughter take those independent steps to fly on their own, and how the athletic program and the coach will be there to help with that growth.

As parents you should follow three main themes that will surely help your child have a very successful interscholastic sports experience.

1. **"SUPPORT" your child, the team, the coach, and the entire program in a positive way** – Parents can also contribute to the success of a team. Supporting "everyone" involved in a positive way, not just their child will go a long way to help build team unity and provide a tremendous confidence builder. There is nothing worse for a child than the feeling that they have failed their parents. They need to know you have pride in them and love them win or lose and that you will always be there for them regardless of their performance.