

**PLAY LIKE  
A CHAMPION  
TODAY**

Character Education Through Sports

# Champion Parent Note

Educating Parents and Developing Champion Athletes

## Gratitude



Research has found that the practice of gratitude has a tremendous impact on our lives, with significant increases in our health and happiness. Sport parents, watch the video and learn the importance of setting an example of gratitude in your family. Whether we're grateful for the opportunity to watch our young athletes play or for specific moments along their sports journey, let's focus on the positive and remember to express our gratitude to the athletes and coaches who make up this wonderful experience.

### Champion Sports Parent Code of Conduct

1. I will be positive and support my child in his/her individual sport journey.
2. I will not force my child to play sports.
3. I will remember that sports are games meant to be played by and for children.
4. I will accept that my child plays sports for his/her enjoyment, not for mine.
5. I will be realistic in my expectations for my child in sports.
6. I will encourage my child in the CROW model of developing as an athlete
  - I will help him/her to set goals.
  - I will help him/her foster positive relationships on his or her team.
  - I will ensure that he/she has an opportunity to make his/her own decisions in athletics.
  - I will guide him/her in winning and losing gracefully.
7. I will help my child grow in the Catholic cardinal virtues through sports.
8. I will live by the cardinal virtues in my own behavior/attitude at sporting events.
9. I will help my child feel like a Champion by offering fair praise and constructive criticism in due reward.
10. I will be aware of the signs of abuse and report any inappropriate behavior.
11. I will support a nurturing sideline environment.
12. I will applaud good play, by both my child's team and the opponents.
13. I will respect the game officials and their decisions, understanding their task is challenging.
14. I will respect and show courtesy to my child's coaches at all times.
15. I will commit to ensuring my child's coach follows the standards of Christian coaching and acts as a youth minister for my child in his/her sporting experience.

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**CHAMPION SPORTS PARENT CODE OF CONDUCT**  
I have read the Play Like a Champion Sports Parent Code of Conduct and pledge to embrace the mission, abide by the guidelines, and support the values of the program.

School: \_\_\_\_\_  
Name (printed): \_\_\_\_\_  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## The 10 Commandments of Sports Parenting

As sports parents, we want the best for our young athletes and we'll do anything we can to help them. Sometimes though, it's good to have a reminder of how we can help provide the best possible experience for them. With that in mind, Play Like a Champion created the Sports Parents Code of Conduct and the 10 Commandments for Sports Parents.

Committing to these commandments will help you to be a great supporter of your young athlete and set an important example for fellow sports parents.

Spread the word and help your team embody the Parent Like a Champion philosophy today!

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## A Prayer for Parents

All praise to You, Lord Jesus,  
Lover of children: Bless our family,  
And help us to lead our children to You.

May the gift of sport in which our children  
participate, Be for our family a source of fun  
and a way to glorify You.  
May we support our children in all the efforts,  
and help make sports a path to grow in  
holiness.



Give us light and strength and courage when our task as parents is difficult.  
Let Your Spirit fill us with love and peace, so that we may help our children to  
love You. All glory and praise are Yours, Lord Jesus, For ever and ever.

Amen.

*Adapted from A Prayer for Parents, Catholic Online. [www.catholic.org](http://www.catholic.org).*

**Check out our [Online Prayer resource](#) for a sort-able library of prayers for  
teams & more!**

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