

## RED FLAGS



### FOR PARENTS

*It becomes difficult to release your son/daughter..*

- ◆ If you are more nervous before a game than your student is;
- ◆ If you *share the credit* when things go well;
- ◆ If you try to resolve every problem that comes up;
- ◆ If you continue to try to *instruct* them before, during, and/or after the game;
- ◆ If you find yourself *yelling at officials*;
- ◆ If you find yourself *making excuses*;
- ◆ If you are *berating* your student's teammates or comparing their abilities with your student's abilities;
- ◆ If your student *avoids* you after the game.

## Athletic Office 231-865-4035

School Website:

[www.fruitportschools.net](http://www.fruitportschools.net)

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### FUTURE COLLEGE HOPEFULS

The odds of winning a NCAA sports scholarship are miniscule. Only about 2 percent of high school athletes win sports scholarships every year at NCAA colleges and universities. Yes, the odds are that dismal. For those who do snag one, the average scholarship is less than \$11,000.

**Full-ride sports scholarships are scarce.** There are only six sports where all the scholarships are full ride. These so-called head-count sports are football, men and women's basketball, and women's gymnastics, volleyball, and tennis. In these Division I sports, athletes receive a full ride or no ride.

Source: CBS.com

**NOTE:** *The odds of receiving an academic scholarship far outweigh an athletic scholarship.*

#### The Chances of Receiving a D1 Scholarship

##### Men's Sports

Football	1.4%
Baseball	.6%
Basketball	.7%
XC/TR	.5%
Soccer	.4%

##### Women's Sports

Basketball	.9%
XC/TR	.5%
Soccer	1%
Volleyball	.8%

Source: Houston Chronicle 2/1/10

*"Relatively speaking, being an athlete in school lasts a short time. Parents need to be the ones who see the big picture and bring their children back to reality when necessary."*

**Bruce Brown**



## The Parent Role in School Sports

*"Teaching leadership and character in the quest for athletic excellence".*

*Students who have been given the OPPORTUNITY TO STRUGGLE learn how to believe in themselves.*

*Brene Brown*

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[www.fruitportschools.net/highschool](http://www.fruitportschools.net/highschool)

## OUR MISSION

In keeping with the vision of *empowering individuals to positively impact their world*, the **Fruitport Athletic Department aims to provide students opportunities to develop character, loyalty and school spirit; to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship; and to gain lifetime appreciation for sports and a healthy lifestyle.**

## PARENT COACH COMMUNICATION PLAN

As parents, when your children become involved in the athletic program, you have a right to understand the expectations placed upon your child. This begins with clear communication from his/her coach. It is essential that parents be represented at the parent meeting that each head coach sponsors prior to each season. The full communication guide is outlined in the parent student handbook which is given to each athlete. The guide is also available in the school office as well as on the school sports web page.

*PARTICIPATING IN SPORTS ALLOWS STUDENTS TO UNDERSTAND THE CONCEPTS OF VICTORY AND DEFEAT, OF TEAMWORK AND SACRIFICE, THAT LIFE IS A JOURNEY, AND THAT NOT EVERYONE GETS TO BE THE GUY WHO SCORES TOUCHDOWNS OR THE GIRL WHO SCORES THE WINNING BASKET.*

### Why Kids Play

- To have fun
- To improve skills
- To do something they consider themselves good at

### Why 70% of Kids Drop Out by Age 13

- ⇒ Too much pressure to win
- ⇒ Sports taking up too much time
- ⇒ Not enjoying it anymore
- ⇒ Poor relationship with coach
- ⇒ No longer fun

## ADVICE FOR PARENTS OF ATHLETES

- **RELEASE YOUR ATHLETE TO THE COACH, THE OFFICIALS, THE GAME**
- **KNOW YOUR ROLE AS PARENTS**
- **LEARN HOW TO WATCH AND RELAX**
- **SUBMIT TO THE CONCEPT OF ONE INSTRUCTIONAL VOICE.**
- **REFRAIN FROM CONSTANTLY DISSECTING THE GAME**
- **BE A GOOD LISTENER**

## LIFE LESSONS CHECKLIST

From Positive Coaching Alliance

- ◇ **Practice Makes...Better** Its about continuous improvement, not about being perfect.
- ◇ **Focus on Controllable things**
- ◇ Common sense but sometimes forgotten: the things we have nearly full control over is our perspective, our reactions, our effort.
- ◇ **Learn to let go of mistakes** Sometimes having a short memory is an asset to getting to the next play, the next shot, etc.
- ◇ **Stay Positive** It is understood that when our emotional tanks are filled we can go further. Being positive creates needed energy in crunch time.
- ◇ **Celebrate Success** Recognize when "smaller but significant" goals have been met. Define success as reaching your fullest potential every day and every play.
- ◇ **Become a true team player** Make yourself better, your teammates better, and the game better.
- ◇ **Win and Lose with Dignity** Honor the game, show respect, strive together regardless of the results.

*WHEN MY CHILD IS AN ADULT, WHAT KIND OF PERSON DO I WANT HIM OR HER TO BE, AND HOW WILL SPORTS HELP US, AS PARENTS, GET OUR CHILD THERE ?*