

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Parent Note

Educating Parents and Developing Champion Athletes

Health & Development



[This week's video](#) is an excerpt from a presentation by Dr. Joe Congeni at our 2018 Sports Leadership Conference. Dr Congeni, Director of Sports Medicine at Akron Children's Hospital, discusses key issues related to development, genetics and finding the right balance while helping our young athletes to maximize their potential. Dr. Congeni's insight provides us with an opportunity to reflect upon the following questions:

Am I realistic about my child's God-given abilities?

*Are my child's goals his/her own? Or am I placing my own agenda upon him/her?
How do I help my child find balance in... Nutritional Guidelines? Training? Becoming a better person through sport? Embracing the joy sport can bring?*

As sports parents, let's consider the questions above with Dr. Congeni's comments and commit to having a positive influence on the development of our children!

Resources for Athletes with ASD, ADHD & ID

As parents, we want our children to have the best experience possible while participating in youth sports. For children on the Autism Spectrum & those with ADHD, Intellectual Disabilities or Down Syndrome, it's important that coaches and parents have the proper understanding and tools to provide this experience. *Play Like a Champion* offers free resources designed to help coaches (and parents) with strategies for working with

children, integrating them into the team environment, and helping them to develop physically, mentally and socially through sport. Take advantage of these great resources by [visiting our website now!](#)



Weekly Scripture

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

Advice for Sports Parents



When parents compliment kids other than their own and also the other team, that's good for everybody. It sends a great message. We go to youth games hoping positive things for all of these kids, not just trying to make superstars out of our own kids. It should be fun so let's keep perspective: no one's getting fired and nobody's signing million dollar

contracts in youth sports.

A win or loss does not define us. The best competitors learn as much from losses as victories. As parents, we can help with that process. If they won we can say, 'you played well and here are some things you can work on.' And when they lose, we can say, 'I know it's difficult but here's what you did well and can build on.' It is keeping both winning and losing in perspective and approaching them both the same.

David Shaw, Head Football Coach at Stanford University

Play Like a Champion Today Educational Series
PO Box 72, Notre Dame, IN 46556 | information@playlikeachampion.org
www.playlikeachampion.org

FOLLOW US ON SOCIAL MEDIA!

