

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Parent Note

Educating Parents and Developing Champion Athletes

Catholic Sports



*Athletics is the perfect place to have our children practice & learn the teachings in the gospel. As Valerie Lloyd notes in the video above, sports provide an excellent platform for teaching, living and growing in faith. From modeling team prayer to practicing the values promoted by Jesus in the gospel, the youth sports environment can help ignite a fire in the hearts of our children and influence their spiritual development. [Watch the video above](#) and then consider how Catholic sports can help your child grow and how you can encourage this growth in your role as a sports parent. Here are just a few ideas that have been successful with *Play Like a Champion* parents:*

- Pray with your child before and after competitions**
- Encourage your child to give thanks to God for their talents**
- Help you child understand that playing sport gives glory to God**
- Organize a Team Mass or Prayer Service**
- Encourage Team Prayer Before Practices & Games**
- Use *Play Like a Champion's* [Sports Stations of the Cross](#) this Lent**
- Consider using *Play Like a Champion's* [5 Minute Game Plan](#)**
- Applaud when an athlete displays good character**

The example set by parents at games can also have a big impact on how children and guests view a uniquely Catholic youth sports experience. Consider ways that can remind those in attendance what this is all about, hang a Crucifix at the gym or field if one isn't there already or consider a sign that helps set the tone for a positive, faith-filled experience. Encourage other parents to work with you and create an experience that helps children to grow physically, mentally, socially and spiritually through youth sports!

Join us for our Spring Webinar!



Parents: Join us for our spring webinar on ***Recognizing, Addressing and Preventing Bullying in Sports*** on **Thursday, April 11 at 12:30 to 1:30 pm EDT**. According to the Department of Health & Human Services, over 77% of students have been bullied either verbally, mentally, or physically. All students, including athletes, can fall victim to bullying and hazing, leading to lower self-worth, isolation, anxiety and depression. Athletes can also be the bully on a

sport team. This webinar will define bullying and discuss what it may look like on a sport team. We will identify ways of recognizing this toxic behavior and how parents and coaches can work together to address it on teams of all ages. Click the link to register now for FREE!

Register Now for the Spring Webinar!

A Sports Parent's Prayer

God, I thank you for the wonderful blessing it is to watch my children play sports. Thank you for the smile that it brings to their face and for the ways in which sports help them to grow in virtue and skill. I ask that as they participate you protect them from injury and harm and bless them with the grace to reach their full potential. Bless their coaches that they may embrace their role and have the courage to always do what is right for the children you have entrusted to their care. Grant all sports parents the graces we need to be supportive and to have perspective. May we seek not our own will for our child, but yours, and in doing so be freed to let them enjoy this experience no matter the result. May each of us - child, coach and parent - glorify you through our actions and come to know you better through this experience. I ask this through Christ, our Lord. Amen.



Play Like a Champion Today Educational Series
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