

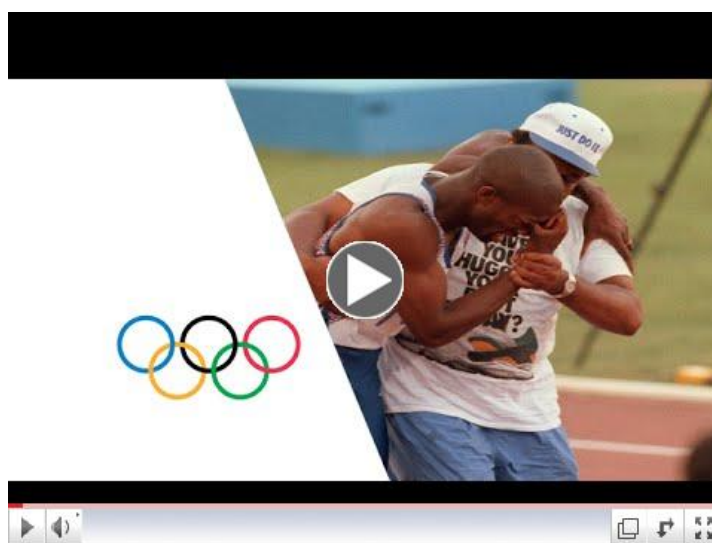
**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Parent Note

Educating Parents and Developing Champion Athletes

The Positive Power of Parents



Derek Redmond came to the 1992 Summer Olympics in Barcelona as a medal favorite in the 400 meter. The popular British athlete posted the fastest time in the event's first round and won his quarterfinal race. Then just 150 meters into the semi-final, Redmond felt a searing pain as his right hamstring tore. After a pause, he pressed on, wanting to finish the race. The crowd of 65,000 realized what was happening and rose to their feet in support. As Redmond struggled around the track, a man emerged from the crowd and fought past security to get to Derek's side. The man was Jim Redmond, Derek's father.

Though Derek officially went down in Olympic records as "Did Not Finish", the image of Derek's father helping him around the track became a legendary Olympic moment, immortalized in commercials and videos like the one above. It has become a symbol not only of courage, but of the incredible support of a parent when his child needed him most. When the Olympics returned to London in 2012, Jim Redmond carried the Olympic torch as part of its relay across the country. More than 25 years later, those watching still remember this image... but most cannot recall who actually won the 400 meter gold medal.

Whether our child is participating in the Olympics or a 6 year old soccer game, we can provide the same positive, encouraging example seen in the video above. Cheering from the sideline and offering them support when they need it. Like the story of Derek Redmond, often times our simple presence, encouragement and support is far more memorable than the wins and losses.

Parents as Partners



Our goal as parents should always be to promote a positive, fun-filled sports environment for our children. From the youngest ages of youth sports through high school, this type of setting will allow our athletes to develop and realize their greatest potential as a person and athlete. Here are some quick reminders for parents as we seek to build positive relationships with our young athletes and their coaches during the Spring athletic seasons!

- Help develop your Champion athlete by sending positive verbal and non-verbal messages. Praise their effort and sportsmanship, not just their skills. Let them know you love watching them play no matter the outcome!
- Make sure interactions with your child's coach take a positive tone. Don't confront them if you're angry (cool off first!) or discuss any concerns in front of the team. Respect their time and effort by

discussing any issues in a positive manner at a time that works for them. This will allow you to have a positive conversation that doesn't result in either side being defensive.

- Remember that your child's coach usually wants what's best for your child! They might see it a different way than you do, but work to be partners with them in your young athlete's development, rather than taking sides.
- In the stands, make encouraging positive statements rather than commands. Treat the coaches, officials and players from both teams with dignity and respect. It's okay to cheer or congratulate the kids on the other team as well - we can want our kids to win and still be encouraging to the opponent!

Out of the Mouths of Babes



"Do you hear what these children are saying?" they asked him. "Yes," replied Jesus, "have you never read, "'From the lips of children and infants you, Lord, have called forth your praise'?"

~ Matthew 21:6

Listen to what these kids have to say to their parents about watching their sporting events. There is wisdom in their advice.

The Quotable Sports Parent

"I just said, 'Dad, I want to finish, get me back in the semi-final.' He said, 'OK. We started this thing together and now we'll finish it together.' He managed to get me to stop trying to run and just walk and he kept repeating, 'You're a champion, you've got nothing to prove.'"

Derek Redmond on the 1992 400 meter semifinal and the words of his father Jim.



Jim Redmond carries the Olympic Torch (2012)

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