



# BEST IN THE WORLD

ATHLETICS   ACADEMICS

## MVP Parent – Bringing out the Best in Your Child



Jon Nolting

USSA Sport Education Director



Thank you parents!



### What Kids Want...

#### This is what kids have told us they want from their parents:

- Support and encouragement
- To let them know you are proud of them
- Watch them play
- Praise for their efforts
- Understand their sport and show an interest in being involved
- Have realistic expectations of their abilities

#### What kids don't want from their parents:

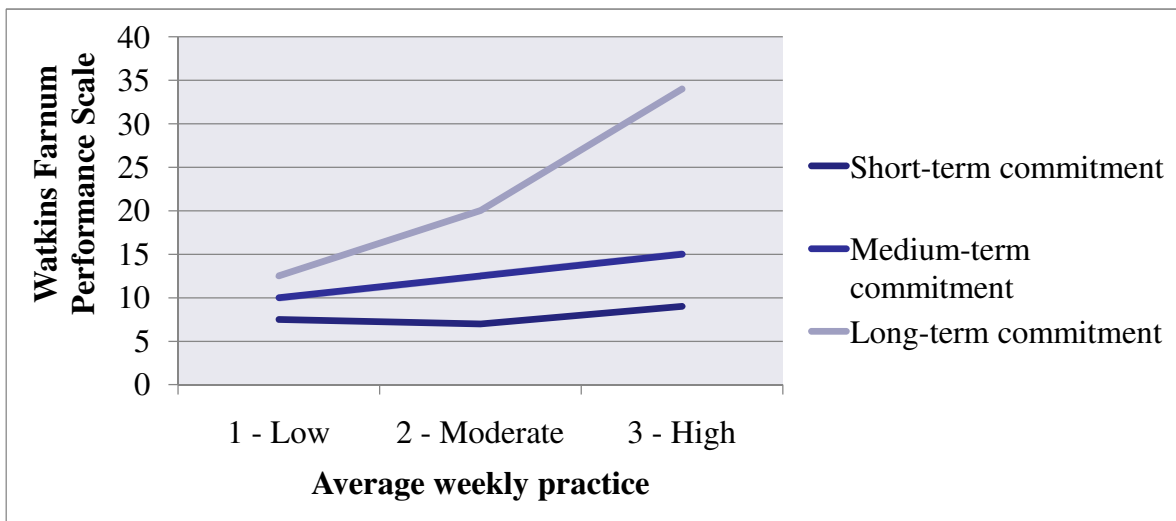
- To yell at them during or after the game
- Swearing
- Abuse of the referee or coach
- Being pushy and pressuring
- Being critical

#### What kids want from sport:

- Have fun
- Learn and improve
- Be with their friends



## How long do you think you'll be a ...?



Gary McPherson, 1997



# What Should We Help Them Focus On?

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
<b>PHASE 1</b> Biological Age Pre Puberty <b>Age</b> 2-6 years old <b>Play Age</b> 1-4 years in sport <b>Participation</b> Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	<b>PHASE 2</b> Biological Age Pre Puberty <b>Age</b> 6-10 years old <b>Training Age</b> 1-4 years in sport <b>Participation</b> Ski 2-3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports	<b>PHASE 3</b> Biological Age Pre Puberty (Before Growth Spurt) <b>Age</b> Girls: 10-13: J4 (J5-J3) Boys: 11-14: J4 (J4-J3) <b>Training Age</b> 4-8 years in sport <b>Participation</b> Ski 3-4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.-April) Number of race starts: 10-15 Ratio 1:6 (race:training) Play complementary sports	<b>PHASE 4</b> Biological Age Puberty (Growth Spurt) <b>Age</b> Girls: 11-14: J3 (J4-J3) Boys: 12-15: J3 (J4-J2) <b>Training Age</b> 5-9 years in sport <b>Participation</b> Ski 4-5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	<b>PHASE 5</b> Biological Age Post Puberty (After Growth Spurt) <b>Age</b> Girls: 12-16: J3 (J4-J2) Boys: 14-17: J2 (J3-J1) <b>Training Age</b> 6-11 years in sport <b>Participation</b> Ski 4-5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.-April) Number of race starts: 25-max 45 Ratio 1:4 (race:training) Play complementary sport	<b>PHASE 6</b> Biological Age Full Maturation <b>Age</b> Female: 16+ J2-J1 Male: 17+ J1 <b>Training Age</b> Minimum 10+ years in sport <b>Participation</b> Ski 4-5 days a week 130-150* days/year At least 10% free-skiing Competition Period: (Nov.-April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines



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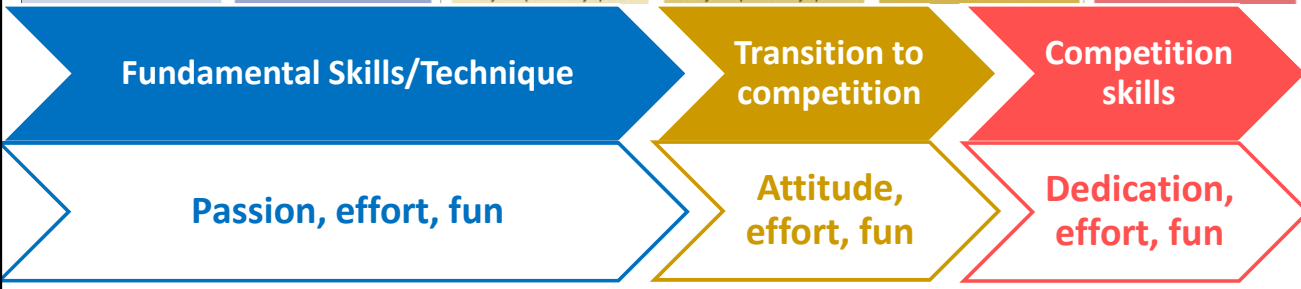
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Changing the Sport Culture

## Concepts

- Great skiers first, then great racers
- Addition to the product line
- Cornerstone program of the USSA Alpine Training Systems
- Skill development should be fun and rewarding for athletes

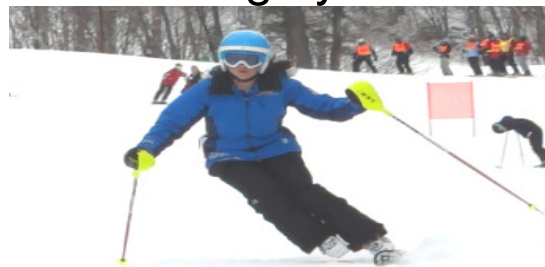


Skill	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
<i>Pressure</i>	Pole jumpers	Pole jumpers in tuck	Straight run in wave track	Linked turns in wave track	Camel jump in wave track
<i>Edging</i>	Outside ski turns	One ski skiing	One ski skiing with lane changes	One ski skiing without poles	One ski skiing hourglass
<i>Rotary</i>	Straight run to side slip with edge set	Pivot slips	Sideslip to straight run to sideslip	Hop turns	Vertical brush quickness course
<i>Balance</i> <b>SkillsQuest</b>	Freeski with pole usage	Freeski – lane changes	Freeski – hourglass	Freeski – varied terrain and snow conditions	Freeski – moguls in “V” shaped corridor



## How Will It Be Used?

- Training component in clubs
- Evaluation/feedback for parents
- Competition element at events
- On-line information, reward/tracking system





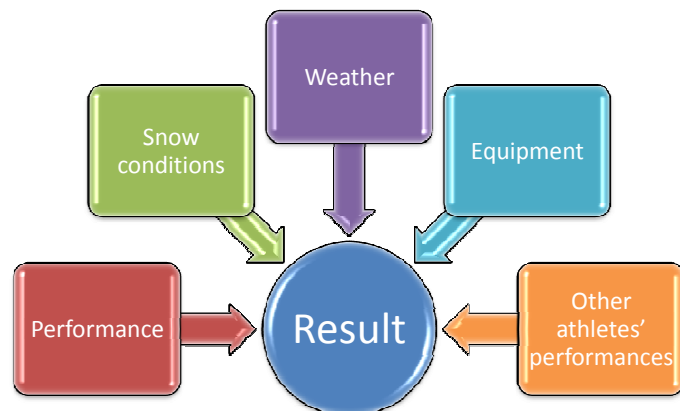
## SkillsQuest

- Doesn't replace competition results - complements them
- Part of U16 National Championships and USST selection

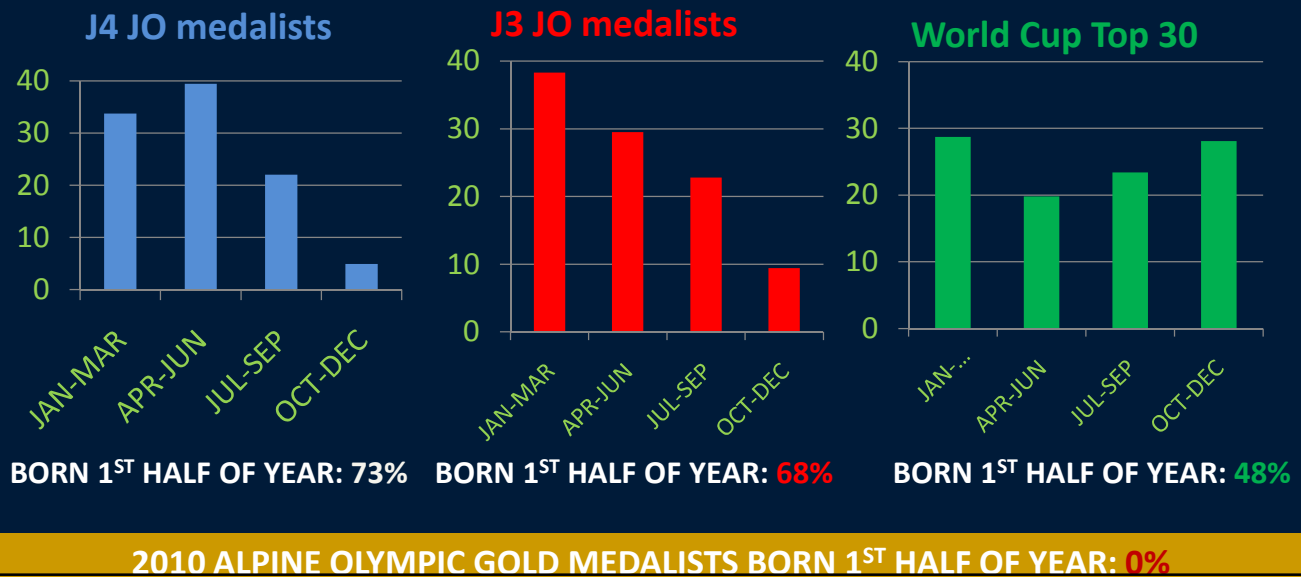


## Performance vs. Results

- We are a results-focused society
- What goes into a result?
- What comes out of a result?



## Analysis of Birth Month Relationship to Results At Different Levels in Alpine Skiing



### Good results vs bad results

- Are your actions different?
- How does your child deal with good performance? Poor performance?
- When do you talk to your child about their performance?
- What should you say?
- What is their coach saying?





## John Wooden-ism

***“Did I win? Did I lose? These are the wrong questions. The correct question is: Did I give my best effort? If so, you may get beat, but you will never lose.”***



## Role of Praise

- Parents often like to praise
- More praise More motivation
- More praise More confidence





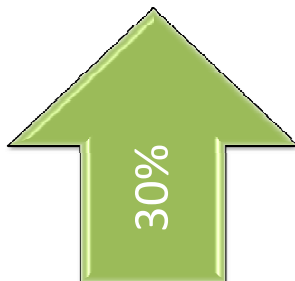


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- Parents often like to praise
- More praise  $\neq$  More motivation
- More praise  $\neq$  More confidence
- Praise only when warranted, praise always when warranted



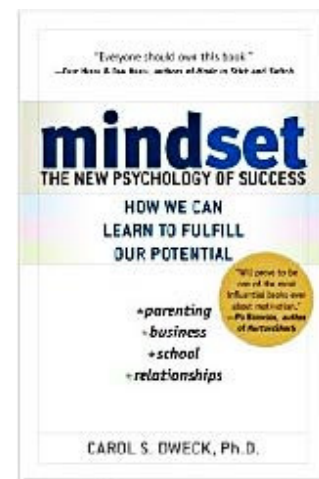
## Effort versus ability message



EFFORT



ABILITY





## #1 : UNCONDITIONAL LOVE

- Make sure your child knows you love them whether they win or lose
  - You don't want your child to fear failure
  - You want your child to be motivated to seek success
  - Your child depends on your loving support



## To help your child deal with pressure

- Help them prepare
- Help them with perspective
- Don't show your own anxiety
- Give them room to fail





## Competition Day

- Before
  - Don't add pressure or stress
  - Help with preparation, positive self-talk
- During
  - Watch, ski/ride, volunteer, enjoy
- Between runs
  - Support, positive, let the coach do the coaching
- After
  - Give room
  - Focus on effort
  - Help with perspective
  - After a tough day, wait with constructive feedback



## Managing Opportunities

- Athlete management is key, lots of choices
  - Is child at the right competition with the right reason?
- Support the periodization principle:  
Train -> Compete -> Recover
- Long-term focus vs. chasing races





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## Great Parents Do This

- Find out:
  - What are child's goals?
  - What makes it fun?
  - What drives their intrinsic motivation?
- Praise effort – be specific
- Task vs. results orientation
- Promote an active, healthy lifestyle



# Great Parents Do This

- Set the example for sportsmanship
  - Cheer on all competitors
  - Keep it positive
  - Thank competition organizers, resort personnel
  - Volunteer
- Avoid talking numbers and results
- Attend awards ceremonies with your child (whether or not they won an award)
- Enjoy the competitions yourself! You earned it!



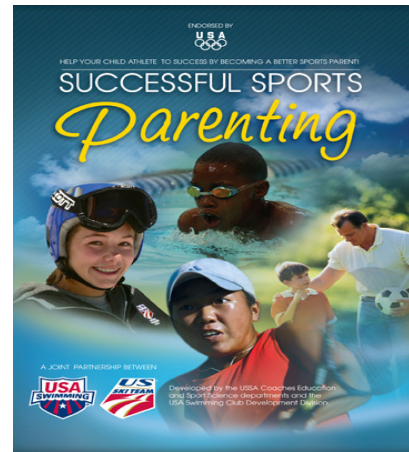
# Thank you parents!





## Resources

- USSA Training Systems  
<http://trainingsystem.ussa.org>
- USSA Sport Parent CD  
<http://educationshop.ussa.org>
- Ski Racing: Inside the Ski Racing Mind articles  
[www.skiracing.com](http://www.skiracing.com)
- LTAD: [www.ltad.ca](http://www.ltad.ca)
- Contact us: [education@ussa.org](mailto:education@ussa.org)



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## ALPINE PROGRAMS

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