



BEST IN THE WORLD

ATHLETICS   ACADEMICS

MVP Parent – Bringing out the Best in Your Child



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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:

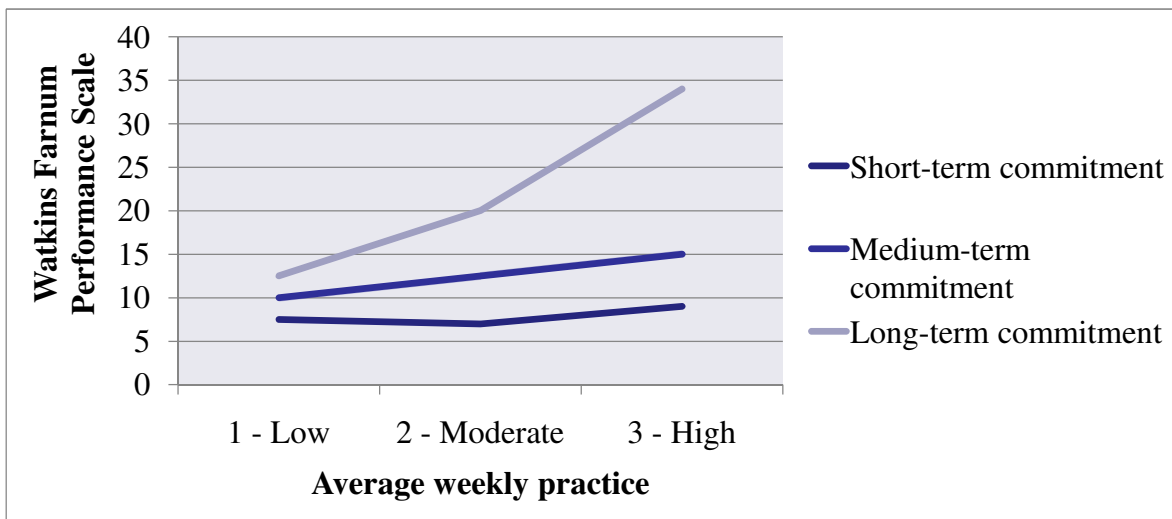
- To yell at them during or after the game
- Swearing
- Abuse of the referee or coach
- Being pushy and pressuring
- Being critical

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 and Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
Biological Age Pre Puberty Age 2-6 years old Play Age 1-4 years in sport Participation Ride 1 day a week or less 20 days/year 100% freeriding Play many other sports-gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Play Age 3-6 years in sport Participation Ride 1-2 days a week 40 days/year 90% freeriding Emphasis on fun and experience Play many complementary sports	Biological Age Pre Puberty Age Girls: 10-13 Boys: 11-14 Training Age 4-7 years in sport Participation Ride 2-4 days a week 60 days/year 60% freeriding Competition Period: (Dec-Apr) Number of events: 5-7 Ratio 1:12 (compete:training) Play many complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11-14 Boys: 12-15 Training Age 4-8 years in sport Participation Ride 3-5 days a week 75 days/year 30-50% freeriding Competition Period: (Dec-Apr) Number of events: 5-10 Ratio 1:8 (compete:training) Play complementary sports	Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16 Boys: 14-17 Training Age 6-11 years in sport Participation Ride 4-5 days a week 100 days/year 30% freeriding Competition Period: (Nov-Apr) Number of events: 5-10 Ratio 1:6 (compete:training) Play a complementary sport	Biological Age Full Maturation Age Female: 16+ Male: 17+ Training Age Minimum 10+ years in sport Participation Ride 4-5 days a week 110-120 days/year 30% freeriding Competition Period: (Nov-Apr) Number of events: 10-12 Ratio 1:4 (compete:training) Specialize



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Fundamental Skills/Technique





Transition to competition

Competition skills

Passion, effort, fun

Attitude, effort, fun

Dedication, effort, fun

Performance vs. Results

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



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?
- How do you deal with poor judging or officiating?



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



Role of Praise



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



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Effort versus ability message

EFFORT

30%

ABILITY

20%




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#1 : UNCONDITIONAL LOVE

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



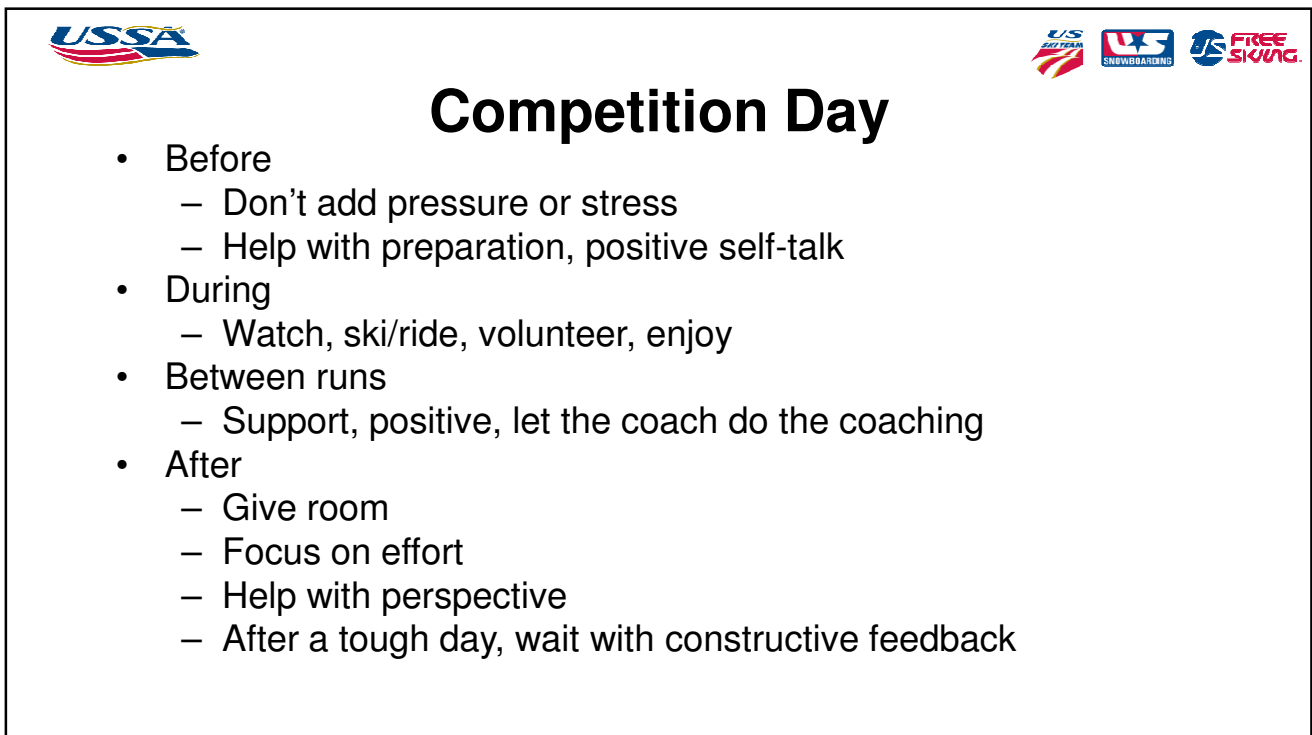


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To help your child deal with pressure

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



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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 comps



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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!

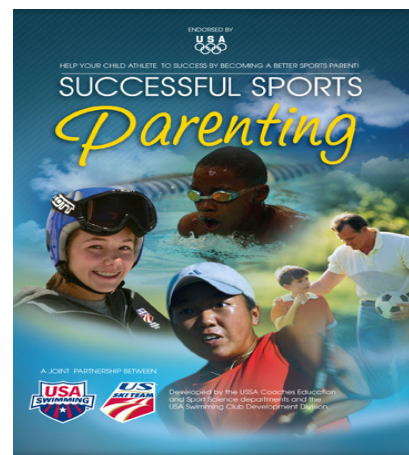


Thank you parents!



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
- LTAD: www.ltad.ca
- Contact us: education@ussa.org





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ATHLETICS   ACADEMICS

SNOWBOARDING & FREESKIING PROGRAMS

Abbi Nyberg
USSA Snowboarding & Freeskiing Program Manager

