Five Ways to Help Your Child Develop Character Through Sport

These are simple character attributes you can teach your child that will apply to their lives both on and off the field.

1. Teach your child to be ***on time*** for all games and practices. (We like to live by a saying that says ***"Early is on time; on time is late"***).
2. Be a role model for your child by ***showing respect*** towards officials, coaches, teammates and opponents.
3. Assist your child with ***goal setting*** both in and out of sport***. (Studies show that one is likely 43% more likely to reach a goal if it is written down).***
4. Have your child ***pack and carry their own equipment.*** **(Tough to do when you simply want to help. One day, you won't be around to assist. Let them learn this lesson at an early age).**
5. Celebrate ***effort*** in every activity and emphasize learning something from every game, practice, event. ***(Focus on the effort, not the end result. Learning to focus on the effort (work ethic) will ultimately allow the end result to be favorable.***