



“Changing the Game” Workshop 1: Common Sense and Perspective

7 C’s Of a Positive Sports Experience

- _____ and Perspective
- _____ (physically/emotionally safe, Developmentally app)
- Great _____
- _____ and Unconditional Love
- _____ (set goals, let them go)
- _____
- _____

Please Complete:

The benefits of enrolling children in youth sports are:

Why Kids Play

To have _____
 To be with _____
 To make _____
 To _____ and learn
 To feel good
 To wear the stuff!

Why Kids Quit

Criticism and _____
 No _____ time
 _____ on winning
 Poor _____
 Fear of _____
 Boredom/Not _____

Kids Need Adults to:

Keep the _____ in Mind
 Be Patient/Think Math
 Allow them to _____
 Sports is an investment in Intangible Things
 Put family first
 Do your _____ match your _____
 Help your child find their passion; do not determine it for them.

Core Values:

The three most important core values for my family are _____, _____, and _____.

For more information go to:

www.changingthegameproject.com.com

or email John O’Sullivan at info@changingthegameproject.com



I ensure that my child's sports experience teaches and reinforces these values by.....

Questions for your child to answer:

1. The reasons I play sports are.....

2. The coaches and parents make sports enjoyable by.....

3. The coaches and parents make sports less enjoyable by.....

Please take the answers you came up with on the previous side, and combined with your child's answers, come up with your "Family Youth Sports Mission Statement." If you wish, include things such as:

- Purpose of Sports
- Core Values that are important to your family
- The reasons your child plays
- The ways the adults help your child enjoy sports
- The things to avoid that make sports less enjoyable

Good Luck!

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