

**PLAY LIKE
A CHAMPION
TODAY**

A Team for Every Child

Champion Parent Note

Educating and Forming Champion Parents

The Value of Sports for Every Child

Terri Vitale knows a thing or two about the value of sports. The daughter of famed sports broadcaster and former coach Dick Vitale, Terri played college tennis at Notre Dame, served as President of the University's Monogram Club, and is now the mother of a college athlete. [In this short video](#), she talks about the physical benefits and lessons learned through sports regardless of the level at which children participate.



As a sports parent, you may identify with Vitale's passion for sports and the impact it has on your own children. Yet too many children don't have the same experience. Each year, more kids are left on the sidelines because they lack the financial resources to join a team, have been told they aren't talented enough, or simply haven't been invited to participate. You can help change that. Consider three ways that you can help a young person to experience the value of sports:

- Invite at least one new child to participate on your own child's team each season. This could be a neighbor, a friend from school, a child of a colleague at work or any other family from your community.
- Volunteer to coach a team. The biggest obstacle to including more children in a local league is a lack of volunteer coaches. Each new team provides more room for additional children. We especially urge Moms to join in the fun! Often it's Dads who volunteer to coach. That's great, but it's important for youth to see women in a coaching position of authority. Consider expanding your own child's sports experience by finding a sport they haven't played and starting a team. The opportunity to try a new activity may ignite a newfound passion for your own child and others.
- Contribute financial assistance to those who can't afford to play. Many leagues have scholarships or a similar fund to aid children who cannot otherwise afford to participate. Donate money or gently used equipment to the cause. On a national level, programs like *Play Like a Champion's A Team for Every Child* work in communities to build associations and provide more opportunities for children to play. These organizations rely on contributions from donors like you.

You may be able to think of several other great ways to give more children an opportunity to experience the many benefits of sport. This week, consider how you can use your role as a sports parent to bring the joy of sports to more kids in your community.

Train yourself in godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.
~ 1 Timothy 4:8

#WeChampionFemaleCoaches



Play Like a Champion believes strongly that women make great coaches. At the youth or high school level and beyond, women have the character, experience and skill necessary to teach boys and girls of all ages. Further, we believe that sports *need* great female coaches to serve as role models for younger generations of girls, to show these leaders of tomorrow what they can become. Unfortunately, the number of women serving as coaches is not nearly high enough.

Consider that it has been almost 45 years since Title IX was established and female sport participation is at an all-time high. Yet, only about *15% of youth coaches are women*. This lack of female role models and female coaches may contribute to the higher drop out rate for girls; about *60% of the adolescents that drop out of sports are females*.

Play Like a Champion is on a mission to increase the number of female coaches by increasing awareness, inviting women to get involved, and advocating for practices that promote the increase of female coaches in youth and high school sports. **What can you do to join this important cause?**

- **Share your story!** Connect with us on social media or email us to tell us about the amazing women coaching in your area and help encourage more females of all ages to get in the game.
- [Watch the official “We CHAMPION Female Coaches” video above](#) and share it with your coaches and teams. In particular, coach clinics and parent workshops may provide access to mothers or young women who had not considered coaching and may be inspired to do so.
- Promote this message with mothers of athletes and **invite them to coach!**
- **Create a “Women’s Only” coaching clinic** at your local level! Ask a great female coach in your area or school to provide a clinic in her sport. Invite local girls and women of all ages to attend and learn. Cover practice and game plans, game strategy, and also strategies for women balancing work and family with being a youth sports parent and coach. Promote the importance of women coaching. Make this 45-60 minutes and include child care during the clinic.
- **Add a +1!** Encourage everyone in your organization to bring a female coach on-board as an assistant coach or as the head coach of another team.
- **Encourage high school and college aged girls to “sample” coaching** by assisting on a youth or high school team.

Together, we can increase the number of female coaches and create opportunities for more girls and women to impact sports and demonstrate their awesome leadership ability. Join us as #WeChampionFemaleCoaches in communities across America!

A Prayer for Sports Parents

God, I thank you for the wonderful blessing it is to watch my children play sports. Thank you for the smile that it brings to their face and for the ways in which sports help them to grow in virtue and skill. I ask that as they participate you protect them from injury and harm and bless them with the grace to reach their full potential. Bless their coaches that they may embrace their role and have the courage to always do what is right for the children you have entrusted to their care. Grant all sports parents the graces we need to be supportive and to have perspective. May we seek not our own will for our child, but yours, and in doing so be freed to let them enjoy this experience no matter the result. May each of us - child, coach and parent - glorify you through our actions and come to know you better through this experience. I ask this through Christ, our Lord. Amen.



Play Like a Champion's "Daily Prayers for Champions" page has been updated! Visit www.playlikeachampion.org/daily-prayers for more than 200 prayers plus resources that can help you and your team grow closer to God while participating in sports.

Access Resources & Learn More at www.playlikeachampion.org

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