



The Sports Parent Playbook

Discover your sideline style & help your athlete thrive

You're Not Just Raising an Athlete — You're Shaping a Champion.



Every parent dreams of seeing their child shine, but in the world of sports, the greatest lessons often belong to us. We learn when to guide and when to let go, when to lift their spirits and when to let them wrestle with challenge. How we respond in those moments, whether it's after a tough loss, a coach's decision, or a season full of ups and downs, can shape not only their athletic path but also the kind of person they become.

This Playbook Quiz is designed to help you recognize your natural parenting style in sports and give you simple, practical ways to strengthen your child's growth, both on and off the field. You'll discover how self-awareness combined with intentional choices can help your athlete build the habits and mindset that lead to success.

Let's raise champions — in sports and in life.

— Tom Topaum

Coach | Parent | Author of *Raising Champions: A Parent's Role in Sports*

When your child steps onto the field, you're in the game too — because sports test parents just as much as athletes

The way you show up on the sidelines, at home, and in conversations with coaches can either fuel your child's growth or unintentionally hold them back.

This quiz is designed to help you reflect on your natural parenting style in sports and discover how it shapes your child's experience. Simply rate each statement as honestly as you can, then add up your scores to reveal your dominant parent type — along with any secondary tendencies. From there, you'll get a personalized guide with insights and growth tips to support your athlete in the best way possible.

Instructions

Read each statement carefully and rate yourself on a scale of 1–5:

- Never true of me (1)
- Rarely true (2)
- Sometimes true (3)
- Often true (4)
- Always true (5)

At the end, total your points for each section (A–K).

- Your highest score = your dominant parent type.

- Example: If your highest section score is 13 in Section B (The Anchor) and all other sections are lower (e.g., A=9, C=7, D=6), your dominant parent type is The Anchor.

*If two sections tie for highest, treat it as a blend and read both results.

This is not about judgment. It's about awareness. Every parent has strengths and every parent has areas to grow.

Why This Matters: The goal isn't to label you, it's to help you understand how your approach shapes your child's confidence, communication, and joy in sports. Awareness helps you lead with balance and perspective.

SCORE	SECTION A 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always
	I frequently volunteer for team needs (rides, snacks, fundraisers, logistics).
	I try to unify parents and support the coach's vision.
	Coaches often count on me as a steady volunteer presence.
Total:	

SCORE	SECTION B 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always
	I emphasize my child's effort over wins or stats.
	I stay positive even when my child doesn't play much.
	I trust the process and the coach's decisions.
Total:	

SCORE SECTION C 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I track which players are strongest across the league.
	I often have insights about game strategy or opponents.
	I feel my observations could help if shared with the coach.
Total:	
SCORE SECTION D 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I regularly track stats, performance, or outcomes.
	I evaluate my child's play after games.
	I compare results to measure improvement.
Total:	
SCORE SECTION E 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I step in quickly to solve problems for my child.
	I manage logistics my child could probably handle.
	I intervene when my child faces setbacks.
Total:	
SCORE SECTION F 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I rarely attend practices or games.
	I leave my child to handle most sports responsibilities.
	I seldom engage with coaches or parents.
Total:	

SCORE SECTION G 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I believe my child deserves special consideration.
	I expect coaches to recognize my child's abilities.
	I get frustrated when policies apply equally to everyone.
Total:	

SCORE SECTION H 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I donate time or money to support the team.
	I sometimes expect recognition or benefits for my contributions.
	I feel disappointed if generosity isn't acknowledged.
Total:	

SCORE SECTION I 1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always	
	I present myself as supportive but pursue personal agendas.
	I sometimes try to influence others if things don't go my way.
	I quietly undermine decisions I disagree with.
Total:	

SECTION J	
SCORE	1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always
	I grow frustrated if the season doesn't improve.
	I occasionally spread negativity among parents.
	I've considered removing my child mid-season.
Total:	

SECTION K	
SCORE	1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Always
	I often shout instructions to my child during games.
	I correct or direct my child's play even when the coach is speaking.
	I struggle to let my child "figure it out" without my input.
Total:	

Scoring Your Quiz

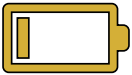
Now total your points in each section.

- Identify your dominant parent type using the chart below.
- Your highest-scoring section is your dominant parent type.

Section	Point Total	Category Description
A		The Helper
B		The Anchor
C		The Scout
D		The Over-Analyzer
E		The Snowplow
F		The Ghost - Disengaged
G		The VIP
H		The Investor
I		The Snake
J		The Virus
K		The Sideline Coach

Quiz Results

Type	Overview	Child Impact	Growth
The Helper (Team-Focused) 	You're the glue of team culture. You volunteer, help logistics run smoothly, and bring stability when things get hectic.	They see service and humility modeled, which fosters belonging.	Balance helping the team with letting your child handle their own challenges.
The Anchor (Supporter) 	You trust the process, stay steady, and focus on growth over outcomes.	Your child learns resilience, patience, and self-confidence.	Keep affirming effort, but also gently challenge your child to take risks and step out of their comfort zone.
The Scout (Insider Expert) 	You follow the competition and analyze strategy. Enthusiastic, but sometimes overwhelming.	Your child may feel added pressure, sensing the game matters to you on a bigger scale.	Share insights only when invited. Support without overshadowing.
The Over-Analyzer (Stat Rat) 	You notice every play, every number, every stat line.	Your child may feel evaluated rather than supported.	Balance analysis with affirmation. Let your child know they're valued for who they are, not just their numbers.
The Snowplow (Over-Involved) 	You remove every obstacle in your child's path.	Your child misses chances to learn resilience and independence.	Step back. Let them stumble and reflect. Struggle builds strength.

Type	Overview	Child Impact	Growth
The Ghost (Disengaged) 	You're largely uninvolved — not out of malice, but maybe busyness, distance, or habit.	Even small, consistent presence matters. Attend, ask, encourage. Your involvement means more than you realize.	Step back. Let them stumble and reflect. Struggle builds strength.
The VIP (Entitled) 	You believe your child deserves exceptions and special treatment.	Your child may adopt entitlement, harming their growth and team unity.	Model humility. Show your child that respect and effort earn opportunities.
The Investor (Transactional) 	You give time, resources, or money, but sometimes expect returns.	Your child may feel pressure to “repay” you with performance.	Support unconditionally. Your child needs to know love and belief aren't for sale.
The Snake (Manipulator) 	Outwardly supportive, but strategic behind the scenes.	Your child senses the tension. Trust erodes in the team culture.	Choose honesty over maneuvering. Model integrity for your child.
The Virus (Disruptor) 	Frustration builds into negativity, spreading among the parent group.	Your child absorbs the drama, which undermines their enjoyment.	Channel frustration into constructive, private conversations. Respect even in disagreement.

Type	Overview	Child Impact	Growth
The Sideline Coach (Over-Director) 	You can't help but step in with constant tips, corrections, and sideline strategies. Your intentions come from wanting your child to succeed, but in the process you unintentionally compete with the coach and rob your child of self-discovery.	They may feel torn between two authorities, unsure who to listen to. Over time, they may doubt their own instincts and lose the confidence to make decisions independently on the field.	Give your child permission to own their game. Cheer, support, and encourage effort, but let the coaching staff coach and the athlete play.

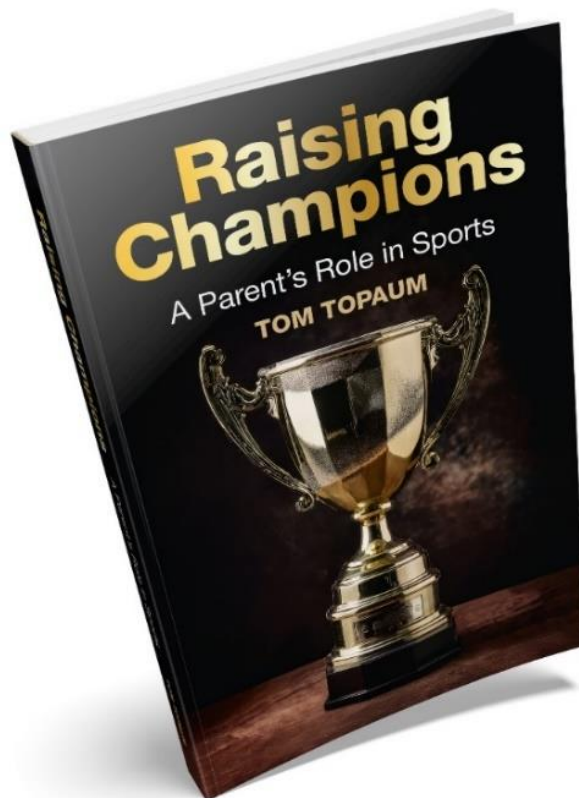
Self-Reflection Questions

- Which type did you score highest in?
- What strengths can you lean on this season?
- What growth area matters most for your child right now?

Call-to-Action

Awareness is the first step — growth is the journey. The best parents don't just watch from the sidelines they grow with their athletes. Your next step starts today.

*This quiz is just the beginning. To go deeper with real stories, practical tools, and guidance from the field, get the book, **Raising Champions: A Parent's Role in Sports**.*



Next Step – Grow as a parent this Season

*Get your copy on Amazon and start building a stronger connection with your athlete today, click on button below.



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