



# Sports Parent Self-Assessment

## Are You Helping or Hurting Your Child's Sports Experience?

### Instructions:

Answer honestly. This is not about guilt — it's about growth. Circle the option that best describes you.

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### SECTION 1: Game Day Behavior

1. During games I mostly:
    - A) Encourage effort and positivity
    - B) Give occasional advice from the stands
    - C) Coach loudly from the bleachers
  2. When referees make calls I disagree with:
    - A) Stay quiet and model composure
    - B) Complain privately
    - C) Yell or react publicly
  3. After games my first comment is usually:
    - A) "Did you have fun / what did you learn?"
    - B) Feedback about performance
    - C) Criticism or what they did wrong
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## SECTION 2: Relationship With Coaches

4. When I disagree with a coach:
    - A) Schedule a respectful conversation later
    - B) Talk to other parents first
    - C) Confront immediately or publicly
  5. I believe playing time should be:
    - A) Earned through development and effort
    - B) Balanced but influenced by parent input
    - C) Equal or increased because I pay fees
  6. I trust the coach's system even if my child struggles:
    - A) Yes
    - B) Sometimes
    - C) No
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## SECTION 3: Athlete Development Mindset

7. My main goal for my child in sports is:
  - A) Growth, fun, and long-term development
  - B) Winning and recognition
  - C) Scholarships or elite status
8. When my child makes mistakes:
  - A) Encourage resilience and learning

- B) Offer technical corrections immediately
  - C) Show frustration or disappointment
9. I allow my child to speak for themselves with coaches:
- A) Yes — I encourage independence
  - B) Sometimes
  - C) I handle communication for them
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## SECTION 4: Sideline Culture

10. I compare my child to other players:
- A) Rarely
  - B) Sometimes internally
  - C) Frequently
11. I discuss team drama or coaching decisions with my child:
- A) Never
  - B) Occasionally
  - C) Often
12. My child's mood determines my mood after games:
- A) No
  - B) Sometimes
  - C) Yes
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## SCORING

Count your answers:

★ Mostly A's = **Development Parent**

You are supporting healthy athlete growth and joy in sports.

⚠ Mix of A's and B's = **Intentional Parent Needed**

Good intentions — but small behaviors may undermine development.

💣 Mostly C's = **High Pressure Parent**

Your involvement may be increasing stress and reducing enjoyment.

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## Reflection Questions

- Would my child describe me as supportive or stressful?
  - Am I helping them love the game or fear mistakes?
  - Do I model behavior I want them to copy?
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## Sports Reclamation Reminder

Youth sports should build confidence, character, and joy — not anxiety.

[www.sportsreclamationproject.com](http://www.sportsreclamationproject.com)