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COMMUNAL HARMONY & PEACE

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Chapter-16

Youth Sports Relationships: Improving Coach-Parent Relationships: Increasing Harmony and Reducing Stress

Dr. Shalini Menon and Ms. Mamta Kumari

Introduction

Worldwide, youth sports have a luge impact on the lives of millions of children, teenagers, and adults. They have a long history in communities all around the world. Sports sponsored by groups like the Boys and Girls Clubs, Little League Baseball, and the American Youth Soccer Organization are estimated to be played by 60.3 million kids between the ages of 6 and 18, 7.5 million young people participate in high school athletics, 4.4 million of them boys and 3.1 million of them girls. As programs have grown more well-organized and sports scientists are increasingly paying special attention to their function, parental involvement has increased According to a study, parents have a big influence on how their children interact with other children who participate in sports as well as the psychological monets that follow.

Through teamwork many parents successfully improve their kids sporting experiences. Unfortunately, the negative effects of a relatively small percentage of parents are all too obvious. The following are extreme examples of media reports regarding violent crime-committing parents.

- A brokey coach in Massachusetts was fatally beaten by a father who
 was upset about harsh play during a scrimmage. The attacker was held
 responsible for the victim's unintentional death.
- During an argument with the coach about his son's playing time at a youth football game in the Philadelphia region, the parent of a player brandished a 357magnum.
- . A Long Island, New York, soccer parent who was furious over hend taken off the team's email list for game-day directions was held after

"The Athletic Triangle"

purion a metal folding chair across the face of her daughter's coach

The "athletic triangle" is the term used to describe the coach parentithlete trio. The intricate interactions between the individuals in this social
statem can significantly impact the child's psychological growth of the
dild. Coaches can maximize the value of athletes' sporting experiences
by directing parents' sincere worries and well-intended intents.

Parents can also impact the degree to which the coach-athlete connection which the qualities of closeness, commitment, and complementarity. This article seeks to help coaches effectively collaborate with parents, enhancing harmony and reducing hassle for everyone involved. The objective is to other a better understanding of

- The distinction between amateur and professional sports,
- The objectives of young sports, including a positive winning mindset,
- The obligations and difficulties of being a parent

pevelopmental versus Professional Models of Sport

The distinction between amateur and professional sports is a significant issue. Young athletes can develop good physical and psychosocial traits through participation in sports. The sporting environment is seen as a ministure version of society where kids and teenagers can practice adjusting to the realities of adulthood. Thus, sports offer a learning environment where an instructional process can take place.

Professional sports, on the other hand, are commercial endeavors. Simply put, they want to amuse people and ultimately make money. The major wal is financial success, which is strongly reliant on a winning mindset or groduct orientation. Is this incorrect? Not! Professional sports are highly print around the world since they are a component of the entertainment business.

Objectives of Youth Sports

Sports participation among young people has several advantages. Some of them are physical, like learning sports skills and getting more physically the Developing leadership abilities, self-discipline, respect for authority. Supertion, cooperation, sportsmanning, and self-confidence are some the psychological ones. Youth sports are a significant social outlet for the idea to meet new people, extend their social circle, and make new friends. Schooling of the pople, extend their social circle, and make new friends.

bonds and bring families closer

one of the essiest ways to limit the fun. Parents and coaches should both activities, and kids should be able to enjoy sports whatever they want in right to play since they are children. Youth sports are primarily played remember that young athletes are not miniature adults. They have the competing is important. Adults treating kids like professional athletes is essence, it's critical that programs have a focus on kids rather than skewed Respecting young athletes' fundamental right to enjoy themselves while

not the same as losing. Instead, making the most of your effort and striving understand that success is not the same as winning games and failure is if they adopt a "winning is everything" mentality. Knowledgeable coaches to hone their skills, enjoy competition, and develop socially and emotionally synonymous with success. However, young athletes may missout on charges can only control how much effort they put forth for victory is what leads to the most significant form of success. Athletes What about success? Sports fans frequently assume that winning is

effort-oriented philosophy of winning. A substantial amount of research development, individual and team success, maximal effort, and fun-s an motivational climate—a learning environment that prioritizes skill suggests that mastery success goals and a mastery motivational climate annety are a mastery orientation and a low ego orientation, particularly associated with reduced levels of engnitive trait anxiety and pre-event state intrinsic motivation and effort compared to ego-oriented athletes Also feelings of competence, greater enjoyment of the activity, and higher situations. Athletes with high levels of mastery orientation express greater have positive benefits on athletes in sports and other accomplishment when these two factors are together. One of the fundamental ideas guiding the construction of a master

of achievement, it also has several less desirable correlates, includes reversage or withdrawal in the face of failure, decreased intrinsan ego orientation has occurrenally been associated with high level performance are all associated with a mastery goal orientation. Although sfort, perseverance in the face of failure, and sustained and increased ment means to succeed consistent effort, higher levels of performance anxiety, decrease otivation for participating in sports, and a willingness to cheat and us-The pursuit of adaptive achievement behaviours like constant

Many teenage athletes agree that "winning is not overything." Been

neight even be more crucial for purents to comprehend what it means. In never be considered "losers." This idea applies to both coaches and parents educated that if they give their all in their pursuit of excellence, they can child's life. How about the goals that young athletes want to accomplish? milition to athletics, they can apply it to a variety of other aspects of their competitors should be the much was more closely associated with athletes' assessments and the team's win-loss record, the motivational environment established by youth Sports Relationships. Improving Coach-Parent Relationships pason long research of young bankethall players found that rather than

sports, and the results showed that they did so for the following reasons: In the state of Michigan, 100,000 young athletes participated in youth

a) to have fun; b) to develop new or better abilities; c) for thrills and excitement; d) to be with friends or make now friends; and e) to succeed

seperating to leasen the likelihood of misunderstanding and issues. In suck together toward shared objectives. The goals can be met through many of these results. Parents, coaches, and athletic directors ought to sports as a crucial aspect of their parental duties his regard, parents should be urged to see their participation in young also be aware that playing sports does not guarantee the schievement consider these factors when setting goals for the season. Coaches should from a national poll of over 8,000 boys and girls. Coaches may want to participate in extracurricular and varsity sports in a study based on data These same factors were included among the top 10 reasons kids

Parents' Responsibilities and Challenges

as to obstruct their lids growth. sports program. Some parents are first unaware of this and are shocked to assopportunities to use sports to help their kids develop, or even go so far sam what is expected of them. Others are unaware of their obligations Parents naturally assume some responsibilities when a child joins a

"wents should, of course, respect their children's decisions strantages, and a higher likelihood of quitting. In carrying out their role wretts should provide their kids with advice while taking into account part they've chosen and the level of competition they desire to play such in their sports report less satisfaction, less intrinsic desire, fewer wavites. Even though parents may want to encourage involvement, kids houldn't be coerced, threatened, or bought off to play. Athletes that feel Parents must first understand that kids have the freedom to opt-out of

other activities must be abnormal in some way. However, pushing a child his or her interests and abilities. encourage the youngster to move into other activities that may better our least until a child's interest in athletics develops, it is sometimes best to to participate in sports against their choice might be a grave error A had excellent sports experiences. They assume that a child who profess many parents erroneously become concerned, especially if they too have other directions. When their child doesn't express an interest in spurt, might not even be one at all for lods who want to focus their energy in necessarily for everyone, even though it is desirable. The optimal program The wisest choice is sometimes to abstain. Sports participation is no Communal Harmony & Peace

to urge parents who are new to the sport to attend this session to a becture or demonstration on the principles of the game. It is important coaches should dedicate a portion of a session at the beginning of the season assisting parents in creating a mastery motivational chmate. Additionally, instructional DVD aims to get parents and coaches "on the same page" by and videos). For instance, the Mastery Approach to Parent in Sports selfeducational publications, coaches can be helpful resources for parents flooks inquiries and directing them to a local or school library or a bookship for understanding of laws, abilities, and tactics. By responding to parent their children's participation more. This includes having a rudimentary If parents learn about and appreciate the sport, they will be able to many

The Phenomenon of Reversed Dependency

the underlying cause of parent-induced stress. The so-called "reversed reliance phenomena" is one element that could be some cases, their influence turns into a significant cause of stress for kids In young sports, parents frequently take on a very active role, and in

pressure on the kids to do well. A kid has to do well he was never able to If the child does not achieve a auntilur derree of wine parents "win" or "lose" through their kids, which can put a let of or formance, the star parent may feel rejected and resentful. As a result ir strated jock father might want his child to achieve the athletic success worth in terms of their child's accomplishments or shorecomings. The extension of the parents. When this occurs, parents start to gauge their level of identification goes too far and the child ends up feeling like an they all want the best for them. Unfortunately, there are times when the Every parent has some degree of identification with their kids, therefore

put a lot of pressure on the kids to do well. The parent's self-insare is at As a result, some purents "win" or "lose" through their kids, which san

> seemal development, and enjoyment. Parents must respect this right preside their athletic potential in a setting that prioritizes participation. sa stratest for lowering parent produced stress. Each kid has the right regrams are for young athletes and that children and youth are not adults meting parent-produced stress. Insisting on parents that youth sports invelopment Insisting on parents that youth sports programs are for shietes and that kids should participate in sports is a strategy for and pressure on kids can reduce sports' potential for fun and personal own ownidentification works. They can inform parents that putting too ask if the child fails. The child of such a father bears a huge burden, and carbes might be able to stop this tendency by explaining to parents part pore and screptance depend on which in atmosful and parental love and acceptance depend on performance adequacy year Sorts Relationships Improving Coarb-Parent Relationships

confirmations and Commitments

mainders of the scope of parental responsibility. squines, to which parents must frank answers of "Yes," provide essential commitments to support a sports program successfully. The following banks. Parents must be prepared and able to make numerous Parents of children who play sports must also overcome other significant

symmes it is preferable for everyone concerned if parents choose not to med their child in the program if they intend to undermine the coach's we the youngster had previously reserved exclusively for the parent scaping the possibility that the ceach might win some of the respect and the sporting experience. It entails submitting to the coach's authority and When the couch is in charge, parents are still welcome to provide their mercantrol of the child to the couch and having faith in him or her to direct Should parents be able to share their child? This calls for handing

the to assest their kids in drawing lessons from seeming disappointments montage the legitimacy of their feelings. Them can assist their hids to see the bright side of the circumstance and men their dauppointment into self-acceptance by doing this without by shouldn't feel embarrassed, ashumed, or furious. Parents ought to be "tures. When a parent's child sobs after losing a game or competition, her children when they are hurt and sad in addition to celebrating aint" during the course of a tournament. Parents are expected to help or young athlete goes through "the thrill of victory and the pain of Can Parents Handle Disappointments from Their Childrens

Can parents model self-control for their kids? Parents need to be

Conflicts occur when parents are extremely busy while simultaneously wanting to support and encourage their lade. The best advice coating determine how much time they can commit to their kide sporting endeaven attempt to attend some of their games are two things that coaches should deliver. Inquiring about their children's sports experiences and making an time commitment and to not commit more time than they can realistically can provide parents to prevent this is to be open and honest about their Parents, can you give your child some space? Parents must

children, but they must realize that they cannot control every aspect at decisions. Couches should encourage parents to offer tips and advice about to that parents must face their lives. Sports can provide an introduction to the difficult task of letting decisions as long as they are within reason. All parents have goals for their sports, but in the end, they should allow the child to make his or her own Growing up requires one to take accountability for one's actions and Can parents let their children make decisions on their auni

Behaviours at Sports Events

need to act appropriately. The following guidelines for parental behavior does and don'ts) have been advised in addition to acknowledging some Parents must support their offspring's participation in sports. But they bintantly improper activities in questions behaviors at games are the most obvious parent issue

- Keman in the viewing area throughout the competition.
- game, parents must be willing to relinquish control of their child to Keep your distance from the coach. For the length of the practice of
- 344 Show young athletes your interest, encouragement, and support Make careful to applied both excellent performances and got ultempts. Reiterate to everyone that all that is required is that
- Avoid yelling directions or scolding the kids-

-

youth Sports Relationships: Improving Coach Parent Relationships

5 Assist when a couch or official requests it

Dan't yell at players, parents, referees, officials, or coaches of either

that nothing they do should obstruct a child from enjoying the sport. to intersene and make things right. The general rule for all spectators is appropriately, it is the responsibility of other parents and league officials their behavior as well as, if required, to remind others. When parents act mend spectator sportamenship Parents have a responsibility to regulate What about parents who transgress the law? It's worthwhile to strive

Contact in Both Directions

they maintain open channels of communication. aggestions from parents. Always keep in mind that communication is twomarket ought to be ready to respond to inquiries and keep an open mind to way. Coaches are more likely to have positive interactions with parents if stivities their kids are involved in, including sports. Because of this, Parents have the right and the duty to find out about any extracurricular

stirmed by coaches as to the ideal times and locations for discussions. era game, and it never happens with the kids around. Parents should be errect moments and settings. That moment never occurs during a practice will pay attention to them. However, the parent-coach relationship has its in purents to voice their sincere concerns with the knowledge that the coach maches disrespectfully in words or deeds. Instead, it is an open invitation festering two-way communication does not permit parents to treat

ham to give their all and continuously seek methods to get better "Treas. No one can expect more from athletes than coaches, who want er the case who make the final decisions and that no coach can win ever when Coaches can at least listen and assess the message even if they to their parent's advice. The advice of some parents might be beneficial seem the message even if they disagree. They ought to be aware that they The key is for exaches to avoid taking offense. They ought to pay attention our parents might be beneficial to them. Couches can at least listen and the present a pay attention to their parent's advice. The advice of sthetes. But occasionally, parents will object to what couches are doing prinrance evaluation for parents as well as important feedback for ming a performance measuring system can serve as a source of objective freguent reason for disputes between coaches and parents. In this way, A difference of opinion regarding young athletes' skills is the most

Couches should be aware that most parents are genuinely excited and

of the problems they are creating. Coaches should acknowledge that they parents. However, there are situations when parents morely are unaways care deeply about their children while building positive relationships with upset with them. It is your responsibility to delicately and professionally have a problem—one that they can assist in solving—instead of setting draw these individuals attention to the detrimental effects of their behavior suggestions for how to deal with them are offered "difficult parents" in general Additionally, to discuss their characteristics and persuade them to change for the better. Here are some examples of Communal Harmony & Pens

Disappointed Parents

is their absence from their child's team activities to the point where it is Differentiating Features. The most obvious sign of uninvolved parents

a renewed interest in their children's activities if you explain the benefits valid excuses for missing events (work, illness, etc.). Parents may develop should be careful not to judge parents who are truly interested yet have absence and inform them that their involvement is encouraged. Couches of sports and how they may bring families closer together. The athletes in this scenario also require assistance. The players should be inspired by their coaches, who should also demonstrate a genuine interest in their What Trainers Must Do. The coaches should investigate the parents

Overly Analytic Parents

child never quite meets the expectations of such parents. They reprimand and discipline their kids. The performance of their convey the appearance that the player is playing more "their" game previously, some parents unintentionally compare their child's than their they choose to utilize positive reinforcement and instruction to which reduces performance. They can explain to the parents way continual criticism might lead to atress and emotional turbulence success or failure to their own. They can explain how a child's inspire and guide young people, as well as how parents might de Differentiating Features. Parents that are too strict often game. What Trainers Must Do. As was mentioned

Meeting of the Coach and Parents

Continue addensity invest a significant amount of time and energy

Youth Sports Relationships: Improving Couch-Parent Relationships

every couch is different. and holding successful coach-parent meetings. Coaches should consider the though A pre-senson meeting is essential to lowering the possibility of agnificance of gaining the assistance and support of informed parenta one more thing" far too frequently. Successful coaches are conscious of the noward giving kids a positive experience. They are urged to complete just information and comments and make any necessary adjustments because highly worth it! This section of the article serves as a manual for organizing in other words, investing extra time and effort in a coach-parent meeting is pegative experiences rather than having to deal with problematic parents

Objectives of the Meeting

Meetings between coaches and parents should aim to

- Enhance parents' knowledge of youth sports, and
- Obtain their support and cooperation

their upput. psychological, and social development can then be increased thanks to The importance of athletic participation for their kids' physical,

Evaluation and Preparation

difficult and that the rewards make the meeting a worthwhile investment to perform tasks for which they lack formal training or prior expertise Coaches who have met with parents report that the experience is not too them heatant to hold couch-parent meetings. People frequently refuse Coaches frequently feel unessy leading a group of adults, which makes

it's impossible to overstate how crucial it is to plan and be organized a not necessary for the meeting to be complicated to be successful. But Create and adhere to a written program outline to enhance organizations. It will take about 75 minutes to go over all the relevant material. It

who would not be able to come without their children if the athletes are preferences. The coach should make special accummodations for puretta is more beneficial. The chosest policy will depend on the coach's personal Parties. For some couches, holding the meeting without the athletes present have no issues with it and think it enhances communication between all and is easily accessible. Are athletes expected at the meeting? Some coaches that is hig enough, has the right furniture, lighting, and other amenaties, the coach should make sure the location is convenient, has a conference room The meeting should be scheduled as early in the season as frashle, and

Content and Conduct of the Meeting

communication. To avoid lecturing the parents during the meeting the coach should involve them in the conversation. A coach can accomplish this As previously mentioned, two-way sharing is the foundation of efficient

- inviting inquiries from parents, and
- occasionally posing queries to them

meeting than mere bystanders. environment for dialogue. They ought to feel more like participants in the Additionally, respecting the parents is crucial in fostering an epen

can commend their presence and mention that they are doing their parand let them know that you appreciate their attention and care. The coach and introduces the assistant coach (es). It's crucial to welcome the parents creates credibility by providing relevant background data to ensure their hids have a positive sporting experience. The coach ther Opening (3 minutes). The coach welcomes everyone to the meeting

the goals of the meeting and explaining to the purents how they would received (e.g., workshops, and clinics). The coach concludes by outlining sport, coaching background, and any special education that he or she has receive instruction on the fundamentals of the sport The coach speaks to the parents about his or her background in the

of a cauch-parent meeting if they lack experience or are conducting one se a personal failing or requesting the parents' tolerance at the outset utterances. Parents could start to doubt the coach's competence to lead the for the first time, Parents' trust and support may be diminished by such session with assurance if they want to be respected. meeting if they bear self-deprecating communis. Coachos must lead the A word of warning is necessary, Coaches should avoid admitting this

aready mentioned, the goals can be met if conches and parents cooperate should also learn which goals the parents want to be stressed. As was are important to the courh should be the center of attention. The coact including a mastery oriented philosophy of success. Goals and ideals that remarks should be followed by a discussion of the goals of youth sports The purpose of youth sports (10 minutes). The introductor

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a) necessary equipment and where to buy it; b) time afforted for practices program is run. When doing so, the following should be taken into account aspect of the workshop is the presentation of specifics of how the sports Information about the Sports Program (10 minutes). Another beneficial implemented.; f) medical exams, g) insurance; j) fund-raising initiatives. and games; c) travel arrangements, d) principal team directives and rules; e) At this level of competition, specific rule modifications will be

is expected of the athletes and their parents. Some coaches find it helpful to set up a parent committee, giving this committee the responsibility of coordinating parent participation in numerous sesson-long activities. Regarding the specifies of the program, the coach should also explain what

children in addition to outlining the mastery technique he or they will be should encourage parents to reinforce this strategy in contact with their the leadership style of the coach will be helpful to the parents. The coach Bucydopp Coaching Relationships and Roles (10 minutes). Understanding

wants them to perform. The following subjects, which were discussed purpose of the meeting is to inform parents of the duties that the coach earlier in this article, should be brought up by the coach: Challenges and Responsibilities of Parents (20 minutes). The

- Risks associated with the phenomena of reversed dependence—the consequences of this process.
- The five crucial questions that parents must be able to sincerely say "Yes" to our parent commitments and affirmations
- 3. Guidelines for behavior during sporting events: The coach is in charge of the team, and the parents are in charge of their behavior

ideal times and locations for discussions. we way communication is crucial! He or she should inform parents of the puritis know that he or she is open to discussing any potential issues-Parent-coach relationships (5 minutes). The coach should let the

the coach-parent meeting. A coach needs to be prepared to address a questions that might be posed sport-parent DVD is a great resource for getting ready for the kinds of viriety of parental impress for this to be worthwhile. The aforementioned Closing (20-30 minutes). A question and answer period should follow

evolvement by posing the first few inquiries and then directing the is initiate the first few inquiries. He or she might encourage parental A good way to start a question-and-answer session is for the coach

give the impression that they must respond to every question. or purhaps someone in the group will have the answer. The coach shouldn't situation with the parent rather than giving a topid or incorrect response parents will cherish hopeaty. The coach can volunteer to check into the ignorance if they do not know the solution to a particular question. The conversation. The coach should not feel embarrassed to acknowledge Communal Harmony & Page

be strengthened by a fruitful meeting, which will result in positive your support is the coach-parent meeting. The coach-parent athlete triad will end of the meeting. A key method for increasing parental involvement and sports experiences Finally, the coach should thank the parents once more for coming at the

After-meeting Conferences

will give the chance to review previous information, talk about the athletes sevelopment, and work together to find solutions to any issues that may It would be ideal to meet with purents mid senson if at all possible. This

as well as suggestions for improvement. discussions, the coach solicits feedback from the parents on what went well in addition to enjoying the excellent company and having fun. In these might organize a family supper as an example of this. Coaches could spend some time getting purents' feedback on the program and their couching A post-season party is a great way to wrap up the season. The parents

parent ties. The following key points are highlighted as a result sporting experiences, consideration was made to encouraging strong coachsometimes-overlooked part of minor athletics. To enhance the athletes This chapter focused on interactions between coaches and parents, a

- 1. Parents and coaches both have a significant impact on how youth sports participation turns our
- In a developmental model, sports offer a learning environment where success is defined in terms of individual development and growth
- Youth sports participation can enhance physical abilities and fitness. offer young people pleasurable recreational experiences develop character, foster social skills, strengthen family ties, and
- Play is ultimately about having fun, and great young athletic expeniences are built on this foundation

Youth Sports Relationships: Improving Coach-Parent Relationships

if yours athletes put up their best effort in pursuing brilliance, they will never be considered "losers."

a Children engage in aports for enjoyment, skill development, thrills and excitement, and friendship-building. Compared to these other goals, their desire to win is comparatively inconsequential to them.

5, Parents shouldn't coerce, threaten, or pay their kids to participate in *ports

s. Purents ought to pick up some fundamental sportsmanship knowledge

g Coaches should act as helpful resources and provide parents with the hest available answers to their inquiries.

10. Making purents understand that youth sports are for young athletes is essential to lowering the stress that comes from parenting.

11. Parents must be able to support the coach's program and approve of their child's engagement in youth sports

12. At practices and games, parents are expected to behave properly

13 Open, healthy contact with parents must be established and sustained when working with them

14 Speaking and listening skills are equally necessary for effective communication.

coach-parent meeting before the season. The best way to steer clear of uncomfortable situations is to hold a

16. Gaining parents' cooperation and support as well as increasing their awareness of young sports are the key goals of a couch-purent meeting

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