



“Making the Perfect Team:

How to Help Your Kids Use Sports to Succeed in School and Life”

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EduSports Blue Paper for Schools & Parents

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Like bees, humans have long lived or died based on their ability to divide labor, help each other and stand together in the face of common threats.

- David Brooks, New York Times

If there is a common threat that all of us face today, it is that of living in a world that has become increasingly individualistic, competitive, and contentious. But in recent years there has been an appreciation that we need to see beyond the limitations of competition within groups and nations to the value of cooperation. A consensus is growing that the problems of the 21st century (global warming, the economic crisis, disease, poverty, etc.) can only be solved through cooperation and collaboration.

EduSports’ program for parents, “Making the Perfect Team: How to Help Your Kids Use Sports to Succeed in School and Life,” helps parents understand how they can collaborate with schools, coaches, and others to help their children use sport to become healthy, happy, productive adults.

For example, part of the role of parents in their child’s “team” is to:

- Identify and exploit teaching and learning moments in sports
- Develop realistic expectations for your kids (in sports and life)
- Support your kids, their coaches, their teachers, and their school

- Be a role model
- Not live vicariously through the success of your child
- Relax and enjoy your child's accomplishments
- Become your children's mentors and cheerleaders
- Learn how the values you want your kids to embrace are promoted in the school's physical education and sports programs
- Avoid viewing your children as an extension of yourself
- Develop a relaxed, playful spirit in relation to sports
- Develop a vision of good sports

But how do you go about fulfilling this important role? It's nice to have a little help, which is where EduSports comes in. In the EduSports parent workshop, you can learn about parenting principles and practices that have practical implications for helping your kids get the most out of their sports and educational experiences. Some of these include:

1. Be reflective. The best parents are introspective and willing to think hard about what they are doing. Most of us would benefit by spending some time reviewing how we handled a certain issue or problem with our kids in order to be better parents tomorrow than we were today.
2. Keep your eye on the long-term goals. What are your long-term objectives for your children? What words or phrases describe what you want them to be like when they are grown? Are your everyday actions likely to help your kids grow into the kind of people you'd like them to be?
3. Put the relationship first. There's no overstating the importance of the relationship we create with our kids. One of the ways you develop a good relationship with your child

is to remember that being right isn't necessarily the important thing—providing a safe and supportive environment is.

4. Keep your child's age in mind. A five-year-old operates differently than a 15-year-old. Things that work with one might not work with the other.

5. Don't be too quick to say no. While many parents worry that permissiveness is running rampant, the reality is that most parents are constantly saying no to their children. Studies have revealed that young children in particular are prevented from doing something they want or made to do something they'd rather not, literally every few minutes.

6. Be flexible. Foolish consistency is the hallmark of ineffective partnering. While kids generally do better when there's some degree of predictability in their lives, it's easy to overdo this or to overlook the fact that children may have other needs that might take precedence over rules or limits you have set for them.

7. Don't be in a hurry. Resist the temptation to rush your kids whenever possible, whether it's to do their homework or practice their musical instrument or learn sports skills. Slow down and savor your time with your kids.

Remember, none of us can succeed on our own. It's a team effort. Let the EduSports team help you give your child what he or she needs to thrive in this world.

About the Author

George A. Selleck, Ph.D, M.Div, M.A., the director of Sports for Life Education Programs and the cofounder of Parents for Good Sports, is a counseling psychologist with more than 35 years of professional expertise. He has successfully integrated his knowledge of human behavior and his experience as an accomplished athlete and coach to become a national sports workshop specialist and recognized author in the field of sports education. He has presented seminars to hundreds of organizations, including the NBA Rookie Transition Program, the American Basketball Coach's Association, the American Football Coach's Association, Anaheim Unified School District, and more. Dr. Selleck is a former CIF Player of the Year and Stanford All-American, and is a member of the Stanford Basketball Hall of Fame. He was twice named the Los Angeles Times High School Coach of the Year.

Dr. Selleck is on the Advisory board of Edusports.

About EduSports

EduSports is India's First and Only Private Initiative providing Integrated Sports Management Services to Schools. We are working with Schools all over the country helping them fulfill the dreams of millions of school going children for High Quality, Holistic Education. EduSports' pioneering "Physical Education and Sports Management Platform", SOARTM, has been designed by a distinguished Advisory Panel comprising leading Sports Personalities, Psychologists, Educationists, and Professionals specifically for the K-12 Schools.

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