

YouthFirst

Parents Learning about Youth Sports

The Sports Education and Leadership Program at UNLV

MOTIVATION is the key to SUCCESS!

Keys to *motivation*...

There are many keys to motivation, but the one thing that needs to be known by your girl (s): Motivation cannot be given to anyone, you can only push them in the right direction, but it is them that needs to be self motivated in order to complete their dreams.

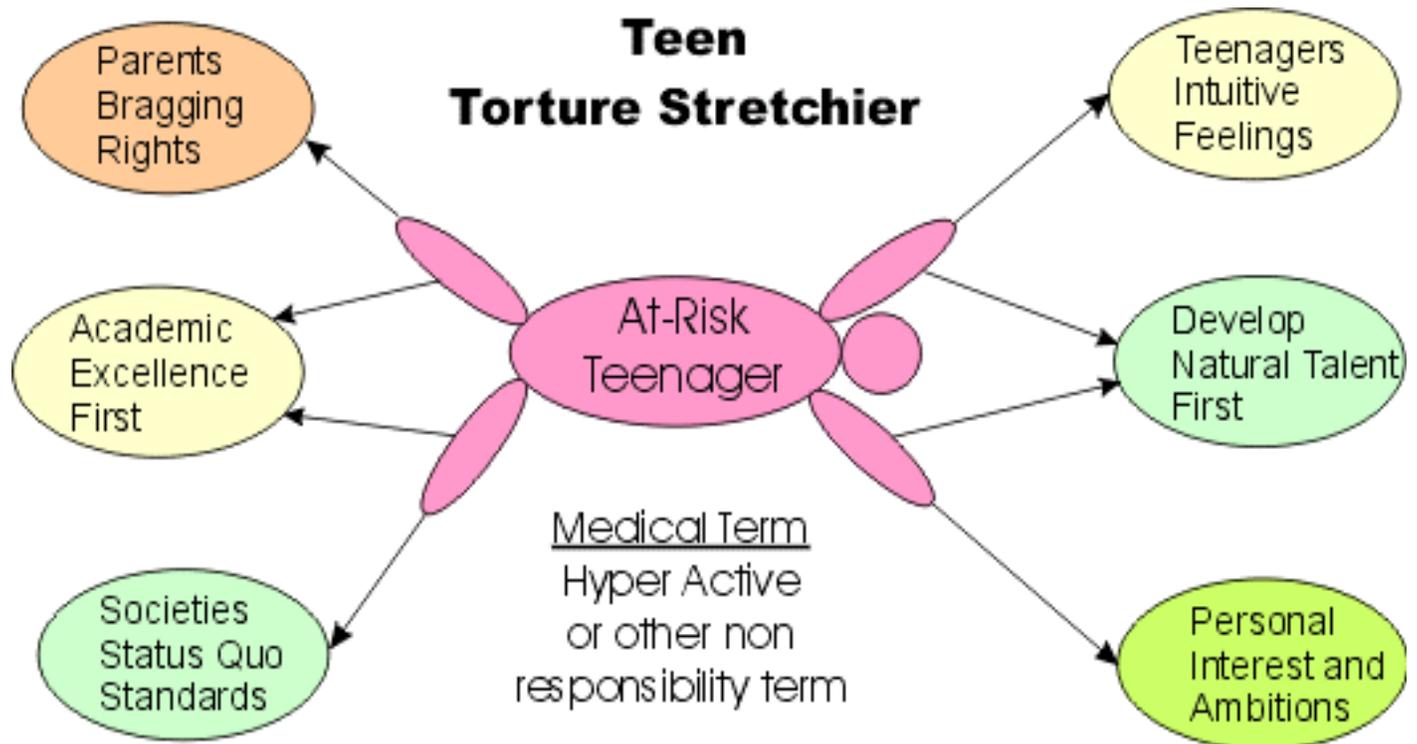
The main usage in motivation is goal setting. Goal setting is extremely important when it comes to motivation and success. Goals are "wants". So are dreams, but goals are more specific. Being able to complete goals takes motivation. This is where you as the parent comes in to play. When your girl is playing a sport it is extremely important that you are involved with their sport. This way you can be there to tell them that they are doing a great job. Some youth athletes may be very

good at a particular sport, therefore, by giving them motivation to play up to their potential, it could lead to bigger and better things in their future. For example, woman athletics are coming up in the world and people are starting to take more notice to them. By helping your girl and being there to motivate them, it could lead to them getting a college scholarship, which means they are getting a higher education, and best of all, free of charge to you. This may not be the case for many of the girl athletes, but your girl may be one of the few.

*Each day of our lives
we make deposits in the
memory banks of our
children.*

Charles R. Swindoll

The Mind of a Teen...



Parents pressuring teenagers to accept their goals is where problems start. This pressure can build barriers that the teenager may never overcome as an adult.

There is no stretchier effect when parents support teenagers ambitions and goals.

Rebellion starts when inter feelings are in conflict with outward pressures.

People who find success at an early age is the result of parents support at an early age. Parents removed barriers, they do not build them.

This image is from the website: <http://home.att.net/~youth.motivation/>

This image is to show you, as a parent the pressures and thinking pattern your girl may have. Every day youth are told they are failures every day, one way or another. There are higher drop out rates and lower numbers of people out there trying to make a difference. As a parent, you can help your girl do what ever she has her heart set on. Playing a sport makes things even more difficult, but at the same time makes things easier. By your girl playing a sport, it gives her an outlet from the rest of the world. When she is at practice or a game with her team, nothing else matters and she free from the outside world. However, she is not free from the pressure that come with playing the game. This is where motivation is the greatest. If she knows that you are going to be there and support her, even if she loses the game. You need to be able to let her know that being on a sports team takes a lot of work and she should be happy to know that not everyone can or is able to even make the team; and that should be motivation in its self. Being apart of a group of girls all going towards one common goal is a great feeling that no one can take away from her, but herself. So, if she is motivated to be apart of something so good, everything else in life should become easier for her to deal with.

*"We keep moving forward,
opening up new doors, and doing
new things, because we're curious
and curiosity keeps leading us
down new paths."*

- Walt Disney

Websites and books on how to motivate...

www.motivation-tools.com

www.motivation123.com

www.motivation.org.uk

www.motivationstation.net

www.motivation-and-self-motivation.com

www.greatday.com/motivate

www.coun.uvic.ca/learn/motivate.html

www.a-motive.com

<http://www.youth-sports.com/topics/031398-2.html>

Chicken Soup for the Unsinkable Soul - Stories of Triumphant Over Life's Obstacles: by Jack Canfield

Attitude Is Everything: Change Your Attitude... and You Change Your Life: by Jeff Keller

GROW UP: by Dr. Frank Pittman
