

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# Getting Your Child Involved in Sport



Children play sports for a variety of reasons. We know that sport is a social vehicle that promotes teamwork, fair play, leadership, cooperation, respect, and respect for rules. If your child wants to play a sport, it's probably because:

1. They want to have fun.
2. They want to improve skills and learn new ones.
3. They want to be with their friends or want to make new ones.
4. They like the excitement of the competition.
5. They want to win or be successful.
6. They want to be active.

If you decide to put your child into sport, find out what motivates them and select the appropriate activity. Make sure the sport and the level of competition you choose matches the reason(s) why your child wants to play sports.

