



**THE
PARENTS
PACK**

Stephen Green, resource packs

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- **My child is good at sport. What do I do now?**
- **Eating.** Nutrition is key to a successful training programme.
- **Sleeping.** Developing good sleeping routines is very important for sports people.
- **Hygiene.** Good habits in this area bring about strong physical and mental gains.
- **Training.** Good communication between parents and coaches is an important element of any programme.
- **Time management,** A programme can't be effective without it.
- **Family, study and a social life** are all part of developing a rounded individual.

BEING A SPORTS PARENT

The role of the sports parent is crucial in the development of a young sports performer. The parents provide both physical and emotional support. This short guide is designed to assist parents in this role. Many parents are introduced to high performance sport simply because their child is good and is achieving or showing great promise. It can then take many years for them to gather the knowledge that they need. I hope that this short guide is helpful in pointing you in the right direction and enables you to enjoy the great journey that your child has embarked on.

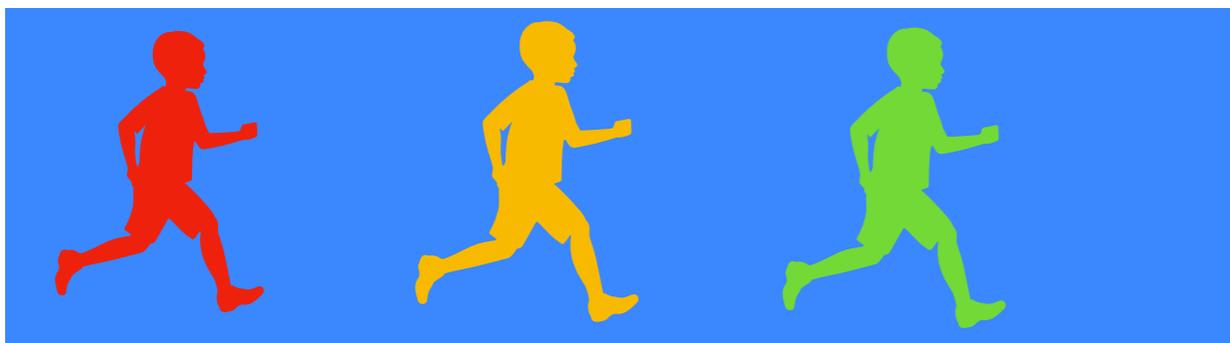
Stephen Green



MY CHILD IS GOOD AT SPORT. WHAT DO I DO NOW?

THE PATHWAY

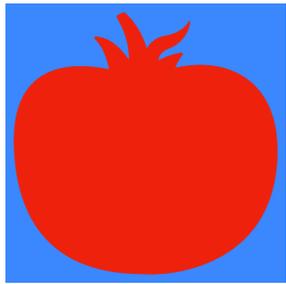
Many parents find themselves in the wonderful position of having a child who excels in sport. As a parent how do you know if what they are doing is going to help them achieve the right outcomes. What are the things that you should be looking for and the types of questions that you as a parent should be asking the coach or club?



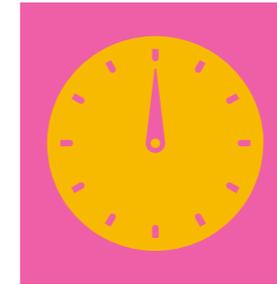
THE PILLARS OF SUPPORT

Regardless of which sport your child participates in there are certain areas that all sports people need to get right in order to continue in sport and stay healthy. These areas, although when written down seem like no more than common sense are often the very areas that are neglected when the training load increases. These activities create a support structure upon which the young sports person can develop.

THE PILLARS OF SUPPORT



EATING



TIME



SLEEPING



FAMILY



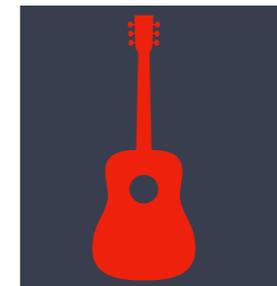
HYGIENE



STUDY



TRAINING



SOCIAL



Nutrition is a very controversial area. It can take many years to build a plan that suits the young sports persons needs. However as parents we are in the main the people that provide the nutritional support. A short guide such as this does not have the scope to go into detail, however with the increased time pressures that come with extra training and competition it is often the regularity of meals that suffers. When sitting down to plan the week it is advisable to plan in quality eating time, create regular eating patterns and pre prepare good food if the need arises to eat on the move.



SLEEPING



SWITCH OFF SCREENS



People vary in the amount of sleep that they need. In most cases increases in training load will require increases in recovery time and sleep quality. Many different factors can disrupt sleeping patterns. Late night use of technology has been clinically proven to have an adverse effect in this area. Late meals, heavy training, anxiety due to competition etc are the most common with young sports people. Poor sleeping habits can result in increased possibility of illness and injury.

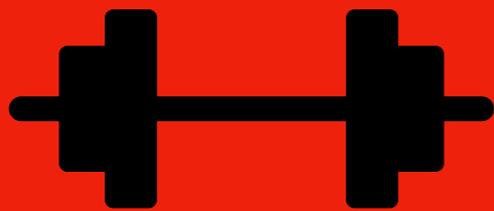
HYGIENE



A common sense approach to this area is important. This can include showering straight after training. Airing training shoes and tracksuits. Regular check ups at the dentist etc. A young sports person may be training between five to ten hours per week and sweating for a large percentage of that time. This creates the need for regular changes of clothing and equipment. Clean water bottles, towels, flip flops and a soap bag, toothbrush and a small first aid kit can be useful additions to a young sports persons sports bag.



TRAINING



Each sport will have its own methods of training. These tend to be a mixture of sports science, sports traditions, coaching preference and coaching style.

As a parent observing training sessions on a regular basis it is perfectly acceptable to ask questions about the content. Most coaches are more than happy to talk about their reasoning behind a chosen training method.

It can be a good idea to arrange a face to face meeting with the coach every few months in order to keep effective communication going and update the coach to any changes in circumstances

TIME



Time management can be one of the greatest challenges to the family of a young sports person. As your child improves at their sport, the greater the demands on their time. This in turn places bigger time pressures on the family. A well planned programme has a much greater chance of success than a programme that simply reacts to situations as they arise. It is well worth taking the time to carefully map out the week. Paying attention to log jams and finding solutions to iron them out. Quality often suffers if a training programme is too full or over reactive.

Log Jams

These often occur when a programme evolves. By mapping out your daily routine it is possible to see where the problem areas are.

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FAMILY

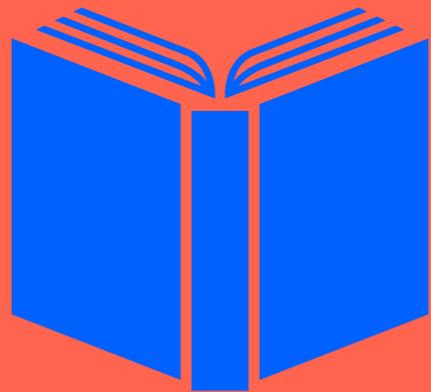
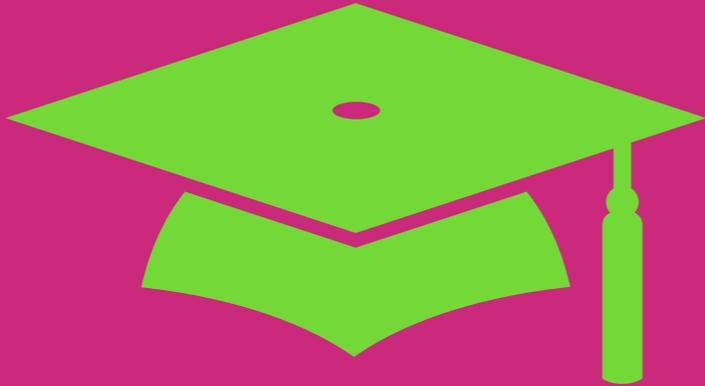


The importance of the family and the support it gives to the young sports person can never be underestimated

During successful periods in the young persons sporting career the family provides stability and acts as a leveller. Similarly, when things are not going well, the stability provided can play a major part in coping with the tougher times that all sports people experience. As we all know, being a parent is not easy, stability, routines, support and the ups and downs of family life all play a part in the young sports persons ability to cope with the world of performance sport.



STUDY



Finding the balance between training and study is based on many different factors. How does the young sports performer prefer to study and what brings them good results. This is very much a discussion between parents and teachers. However it is important to keep the coach informed about the study load. Exam periods can be particularly stressful. It is advisable to maintain regular exercise through these periods, competition may need to be lowered whilst exams take place. Different people cope in different ways and parents know their child best.

SOCIAL



One of the many benefits of sports is the people you meet throughout your sports career. Friendships are important to us all and sport by its nature is a great way to meet people. Even with all the pressures of high performance it should still be remembered that your child is involved in a healthy activity and is developing great life skills and meeting people from all walks of life.



About the author

STEPHEN GREEN

Stephen Green has been involved in high performance sport for over fifty years. He represented his country on thirty occasions over a ten year period as a sprinter. He has coached to the highest level as a strength and conditioning coach, assisting many senior and junior athletes to achieve their potential.

