



A Parent's Questionnaire

ASPIRE TO BE SUCCESSFUL

Take this questionnaire to see if you're doing everything possible to help your child have a successful and healthy sports experience.

ANSWER EACH QUESTION WITH A 1, 2, 3, OR 4

1 = NEVER TRUE | 2 = OCCASIONALLY TRUE | 3 = MOSTLY TRUE | 4 = ALWAYS TRUE

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|---|---|
| <input type="checkbox"/> 1. I get really frustrated and upset when my child performs below his/her capabilities. | <input type="checkbox"/> 14. I try to watch most practices so that I can correct my child when he/she makes a mistake. |
| <input type="checkbox"/> 2. I give my child critical feedback on his/her performance after each test practice, test session or competition. | <input type="checkbox"/> 15. When my child fails, I can feel his/her pain and disappointment. |
| <input type="checkbox"/> 3. If I didn't push my child, he/she wouldn't practice. | <input type="checkbox"/> 16. I think it's important that my child gets used to having coaches yell at him/her to help prepare him/her for life. |
| <input type="checkbox"/> 4. If my child doesn't excel and win, I see very little point in participating in the sport. | <input type="checkbox"/> 17. My spouse and I argue about how I treat my son/daughter in relation to his/her sport. |
| <input type="checkbox"/> 5. I can be very critical when my child falls, makes a mistake, fails or loses. | <input type="checkbox"/> 18. I try to help my child keep his/her failures and the sport in perspective. |
| <input type="checkbox"/> 6. I set goals with my child in relation to the sport. | <input type="checkbox"/> 19. I'm never very concerned about the outcome of my child's performance in practice, at a test session or at a competition. |
| <input type="checkbox"/> 7. I think it's my job to motivate my child to get better. | <input type="checkbox"/> 20. I will not allow my child to be put down or yelled at by a coach. |
| <input type="checkbox"/> 8. I feel angry and embarrassed when my child performs poorly. | <input type="checkbox"/> 21. If my child wasn't so defensive when it comes to my feedback, he/she could become a better athlete. |
| <input type="checkbox"/> 9. The most important thing for my child's sport participation is that he/she has fun. | <input type="checkbox"/> 22. It's not my job to evaluate or criticize my child's performance. |
| <input type="checkbox"/> 10. I get really upset at the officials when my child scores poorly. | <input type="checkbox"/> 23. I feel that my child owes us a certain performance level given all the sacrifices we've made for him/her. |
| <input type="checkbox"/> 11. Most coaches don't know what they are talking about. | <input type="checkbox"/> 24. I believe my child's sport belongs to him/her and not to me. |
| <input type="checkbox"/> 12. I keep a performance log/journal/statistics on my child's performance so we can monitor his/her progress. | <input type="checkbox"/> 25. I just want my child to feel good about him/herself and be happy when he/she skates. |
| <input type="checkbox"/> 13. I feel guilty about some of the things I say to my child after he/she skates. | |

SCORING

Add scores for questions 1-8, 10-14, 16-17, 21 and 23 (If you answered question 2 with a "mostly true," add 3 points to the total score). Subtract scores for questions 9, 15, 18-20, 22 and 24-25.



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INTERPRETATION

The higher the score, the more potential damage you are doing to your child. High scores indicate that you are playing the wrong role on the team and if you continue, you will increase the chances of your child burning out, struggling with performance problems and/or dropping out. Low scores mean that you are on track and doing the things necessary to ensure that your child has a positive and life-enriching sports experience. If you scored:

50-60: You are doing everything in your power to seriously damage your child's self-esteem, ruin his/her sports experience and make him/her a candidate for long-term psychotherapy later on in life. If you continue on this path, your child will most likely drop out of sports. If you force your child to continue, chances are good that he/she will struggle with serious performance problems. On the off-chance that your child does achieve success, he/she will not be able to appreciate what he/she has accomplished. Finally, your long-term relationship with your child will be seriously jeopardized because of your lack of perspective and behaviors.

39-49: You are not being supportive enough and are doing too many things wrong. You are over-involved and putting too much pressure on your child. You need to back down, chill out and let your child enjoy the sport. This kind of a parental stance will drive your child out of sports.

20-38: You're OK, but you need some help getting unhooked. You need to be more consistently supportive and take less of a pushing/coaching role.

16-19: You are pretty much on track as a parent. You are positive and doing most of the right things to ensure your child has a positive youth sports experience.

0-15: BRAVO! You are truly a winning parent. You can give workshops to other parents on how to help your child become successful in his/her sport.

This questionnaire has been adapted from Dr. Alan Goldberg and was originally used for USA Swimming and US Ski Team parent training.

