

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.

Choosing the Right Sport Program for Your Child



So you want to get your child into sports. You have heard how good it is for the development of your child both socially and physically, so now what? Where do you start? What sport do you choose?

Asking yourself a few questions can help you decide which sport program you should put your child in.

- First and foremost ask yourself "What is my child interested in?" Who better to know what your child wants to do, than your child!

Other questions to ask yourself as you decide on a program:

- What can I afford in terms of time, money, and commitment?
- Are all the kids in the program having fun?
- Are the play areas safe and well maintained?
- Are the coaches trained or certified?
- Is there a policy of equal playing time?
- Does the program emphasize the development of skills?
- What is the ratio of practice-to-competition?
- Are the groupings and teams suitable for safe and enjoyable activity?
- Are there lots of opportunities for children to play?
- Are the needs of the children taken into consideration?

What if my child has a disability?

At the recreational level, sports can be adapted to fit your child's needs and capabilities. To choose an appropriate activity, parents must take into account their child's:

- size
- degree of coordination
- health and fitness level
- maturity
- motivation

Remember, the rules of the games should be modified to suit the development level of the participant.

