



Guiding Parents in Youth Sports

Tim Donovan from the SUNY Cortland Sports Institute will be joining all interested HFL Parents on Wednesday, June 17th at the Middle School Auditorium from 7:00 – 8:30 to discuss how we, as parents, can better understand our role in youth sports. He will be discussing how to keep kids passionate about the game and help them to enjoy playing through the years.

As a group we will discuss the challenges in youth sports that can aid or detract from a player's self-image, health, family, social skills and other important developmental building blocks. In the parent's role, there is a point at which the parents leave off and the players and coaches take over. Our expectation of each parent is that they provide a positive role model while encouraging character development through the sporting experience.

Discussion Agenda

- 20 minutes on why kids play, why they quit; organized vs. self-governed play; and character development and how parents can help
- 20 minutes on expectations of the youth sport parent, positive parenting, how the parent can help; and communication with coaches, kids, game officials, and other parents
- 10 minutes on specialization and overuse injuries
- 10 minutes on hydration and energy drinks
- 25 minutes for wrap up and questions

The cost to attend the program is FREE! You will need to sign in at the door if your child participates in an athletic sport, list the name of the organization (ie. HFYSL, HFL Lacrosse etc.) **The HFL athletic organizations have come together to offer all our parents the opportunity to attend this important training and discussion.**

We have reserved the **Middle School Gym** for young children. They will NOT BE allowed to attend the discussion, but HFL Lacrosse will be providing many wonderful young ladies to watch them while parents are in the meeting. Please do NOT bring young children if you are not comfortable leaving them with our young adults. You will need to sign them in and out of the gym before and after the session.

Please RSVP to Lauri Hofmann (hofmann65@yahoo.com or 582-2672) if you plan to attend. We will need to know if you have children who will be dropped off in the gym.