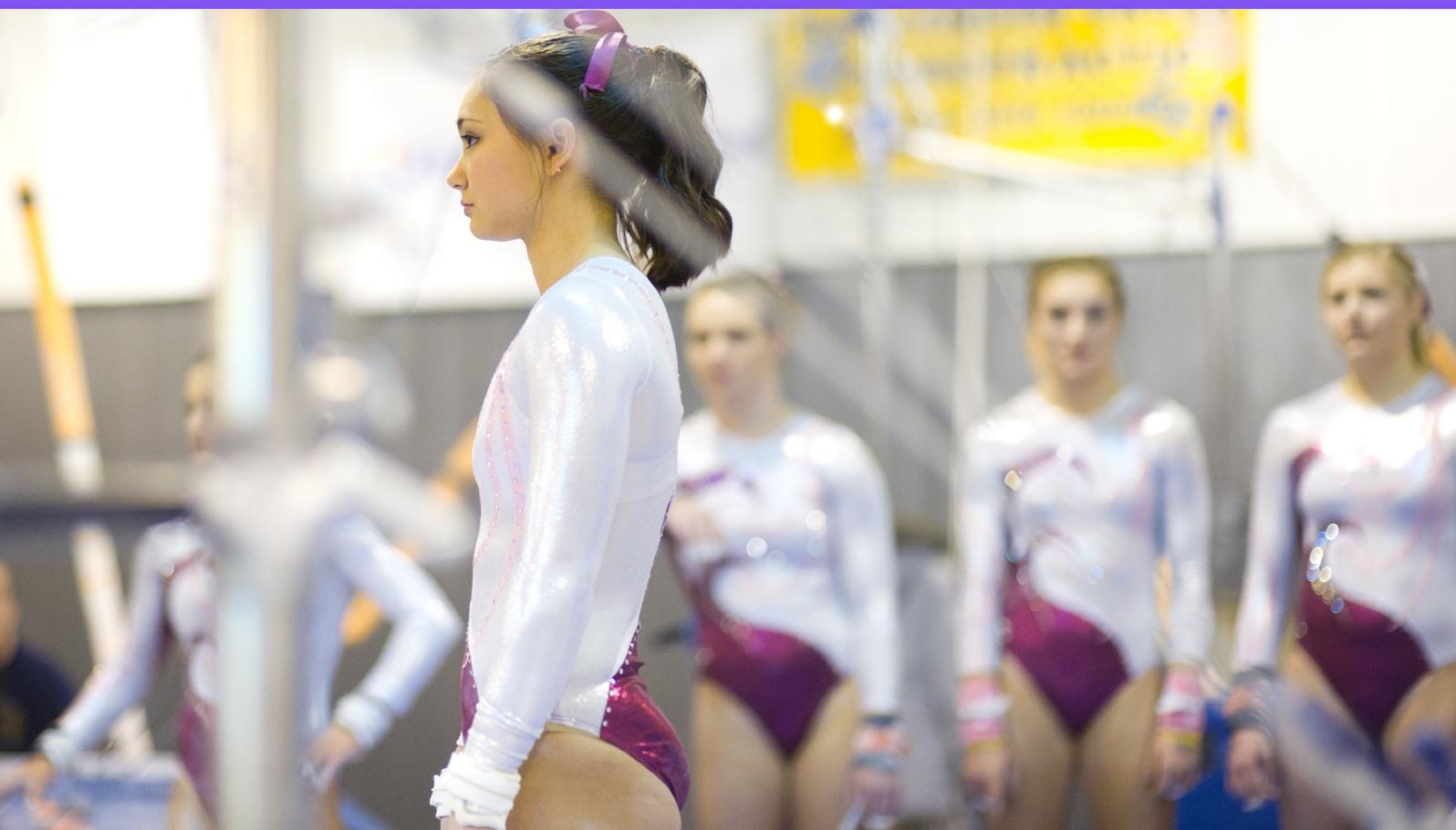


The Selection Process - How to manage success and disappointment.



Preamble

The following resource for parents has been developed by Fiona McCarthy on behalf of the NSW Office of Sport, as a key initiative of the NSW Government's Future Champions strategy.

For more information on Future Champions, please visit www.sport.nsw.gov.au/pathways-and-development/parents-guardians-and-carers

Getting to know the author

Fiona McCarthy is a psychologist who owns and operates Mind and Body Balance, a business she set up 25 years ago. Fiona is a registered psychologist, specialising in the area of sport and performance psychology. She is a member of the Australian Psychological Society and the Australian College of Sport and Exercise Psychologists.

Fiona lives in Newcastle NSW and is the Hunter Academy of Sport, Sport Psychology Consultant and a New South Wales Institute of Sport, Sport Psychology Service

Provider. Over the last twenty-five years, Fiona has assisted many local, state and national teams, athletes, coaches and parents in the areas of confidence, concentration, handling pressure, motivation, goal setting, time management, performance preparation and general well-being. She has worked with numerous sports assisting recreational level athletes to professional, international, Olympic and Paralympic level athletes.

Fiona recognises the valuable contribution parents make to their child's sporting pursuits.

She believes that parents want the best for their child and hopes that these resources provide parents with the skills needed to be the best sporting parent they can be so that they can best guide and support their child at all ages and stages of their sports journey.

These resources aim to provide parents with the support, encouragement and skills/tools required to assist their child(ren) in reaching their sporting potential in an environment that promotes fun, connection, success and positive well-being.

Introduction

Parents play a vital role in sport and provide valuable contributions to the sporting community. As parents, we all want to support our children as best we can and see them enjoying their sport.

The following resource aims to empower parents and guide them in playing the best role they can in their child(ren)'s sporting pursuits. Parents are role models to their children and sport is a valuable vehicle to teach life lessons.

As a parent, have you ever wondered how to best help your child deal with success and disappointment? Or what to say to them when their nerves take over and they feel pressure to perform.

Do you find yourself rushing from sport to sport, child to child and not having much time to enjoy watching them play?

Have you ever wondered whether your child is doing too much sport?

How do you help your child believe in themselves and be confident with their sporting pursuits, rather than worried about other competitors or results?

This resource will help parents find the answers to these very common questions and much more.

They will provide parents with information and practical tools and tips to ensure they play their role as a parent to the best of their ability in order to allow their child to enjoy their sport and assist them in reaching their full potential in sport and life.

Selection for a team or squad at all levels of sport can be a very stressful time for coaches, parents, officials, and athletes.

Advice for Parents

So how can clubs/sporting organisations work with parents and players to ensure that some of the stressors related to selection are minimised?

A focus on winning or outcome is not a healthy way to look at sport.

We need to help parents and athletes to develop an appropriate outlook on sport, which includes changing the focus from outcome to performance.

Children and parents who focus on outcomes, judge their success on wins and losses, not on how they played. They focus on ability rather than effort and equate failures to a lack of ability.

Parents need to explain to their child that being successful means attaining personal goals or achieving more than they did the last time rather than winning the game.

The role as a parent is to help their child develop specific realistic goals. They will then feel successful if they have achieved some, or all of their goals, even if the outcome is not the desired one.

Advice for Sporting Organisations

Clubs and organisations can assist parents with the above by further supporting the ideas discussed by means of resources and or information sessions.

Also providing parents with information on how selection processes will take place and how team schedules will work is very important.

Accurate, specific information prior to the selection or season will create clarity and limit assumptions for all involved.

For those athletes and players who don't make selection it may be worthwhile for clubs and organisations to offer a feedback session for coaches, players and parents so as to allow learning and future planning and goal setting to occur.

Clubs and organisations also need to work with parents and players to ensure that the environment, values and 'culture' of the team they are involved in is positive, inclusive and does not tolerate bullying or negativity from peers or others involved.

A clear understanding of these guidelines not only needs to be understood by all, but also needs to be adhered to.



We hope you enjoyed our tips!

You might like to check out our animated video, ABCs for Parenting on the NSW Office of Sport website.

Go to <https://www.sport.nsw.gov.au/pathways-and-development/parents-guardians-and-carers> to access this video and other parenting resources on offer by the NSW Office of Sport.



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