

Parent Self-Assessment Oswego East Athletics

**Using a scale from one to five, rate yourself on your effectiveness as a sport parent.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
_____	<i>I model good sportsmanship at all competitions in the way I interact with other parents, athletes, coaches, and officials.</i>			
_____	<i>I conduct myself in a manner such that my family and friends enjoy sitting next to me during competitions.</i>			
_____	<i>I do not put too much pressure on my child to win or perform exceptionally well.</i>			
_____	<i>I allow and encourage my child to talk to the coach if he or she has an issue with the coach before intervening myself.</i>			
_____	<i>I do not criticize my child's coach in front of my child.</i>			
_____	<i>I do not give technical or strategic instructions to my child or other athletes during competition.</i>			
_____	<i>I plan to allow and encourage my child to participate in multiple sports, rather than specializing in one sport, until he or she has finished high school.</i>			
_____	<i>I provide total and unconditional love and support for my child regardless of how he or she performs.</i>			
_____	<i>I do not expect any type of monetary return (i.e. college scholarship, professional contract) on the time and money I spend on my child's sport.</i>			
_____	<i>I conduct myself in a manner that makes my child proud to have me in attendance.</i>			
_____	<b>Total</b>			

**Score**

- 45-50 Excellent:** You are a model sport parent.
- 40-44 Very Good:** Communicate with your child to maintain your current perspective.
- 30-39 Cause for Concern:** Be willing to listen and make changes to regain a proper perspective.
- 1-29 Out of Control:** You have lost perspective. You could be in danger of ruining your child's sport experience.

*Dale, Greg. "The fulfilling ride: A parent's guide to helping athletes have a successful sport experience."*

Athlete Assessment of Parent

**Using a scale from one to five, rate yourself on your effectiveness as a sport parent.**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
_____	<i>My parent demonstrates good sportsmanship at all competitions in the way he/she interacts with other parents, athletes, coaches and officials.</i>			
_____	<i>My parent acts in a way such that everyone in my family and friends enjoy sitting next to him or her during competitions.</i>			
_____	<i>My parent does not put too much pressure on me to win or perform exceptionally well.</i>			
_____	<i>My parent allows and encourages me to talk to the coach if I have an issue with the coach before he or she intervenes.</i>			
_____	<i>My parent does not criticize my coach in front of me.</i>			
_____	<i>My parent does not coach me or any of my teammates from the sidelines while we are competing.</i>			
_____	<i>My parent will allow and encourage me to participate in multiple sports, instead of specializing in one sport, all the way through high school.</i>			
_____	<i>My parent provides total and unconditional love and support for me regardless of how I perform.</i>			
_____	<i>My parent does not expect any type of monetary return (i.e. college scholarship, professional contract) on the time and money he or she spends on my sport.</i>			
_____	<i>I am proud to have my parent attend my competitions.</i>			
_____	<b>Total</b>			

**Score**

- 45-50 Excellent:** You are a model sport parent.
- 40-44 Very Good:** Communicate with your child to maintain your current perspective.
- 30-39 Cause for Concern:** Be willing to listen and make changes to regain a proper perspective.
- 1-29 Out of Control:** Your child feels that you have lost perspective. You could be in danger of ruining your child's sport experience.

*Dale, Greg. "The fulfilling ride: A parent's guide to helping athletes have a successful sport experience."*

