



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Spring Sports Survival for Bucketfilling Families

Aaahhh . . . the sun is shining, the grass is looking greener and the birds are chirping. Spring is finally here! And with spring, comes outdoor youth sports. It's time to dust off those baseball cleats, lacrosse sticks and tennis rackets and start the daily (or weekly) grind of driving our children to those activities that are growing them into better people . . . right?



I have been a "sports mom" for over 15 years now. I enjoy watching my children swing a bat, chase down a hockey puck and all the camaraderie of being a teammate. I love being out in the sunshine and meeting new people while my kids are getting exercise and making friendships.

But I have also witnessed the ugly side to sports and have recognized that yucky "dipping" urge within myself while I am watching them compete. I am nowhere near perfect and have to give myself frequent reminders to use my lid. I have four children, the oldest is 22 and youngest is ten years old. There is quite a range of their athletic abilities and temperaments. But I have found that the following three principals have worked equally well with ALL my children:

1. **From the beginning, remind your child WHY they participate in team sports.** It's not just about THEM, it's about the TEAM. First and foremost, if they can't be a good teammate, then the whole "team" experience is pointless.
2. **Always find something to compliment.** As the adult, you can always find something to compliment your child about, no matter the outcome of their performance. Resist the urge to compare your child to other players. All athletes grow and learn at different rates and comparison really is the thief of joy.
3. **Don't blow a bad play, shift, "at bat", or entire game out of proportion.** It's but one moment out of thousands that your athlete will have. Use your lid and fight that urge to criticize. Your child's learning curve is a marathon, not a race. Let the coach correct them.

Your child's youth sports career is so short. These moments are fleeting. Keep an even keel no matter what your child is experiencing. When you keep the ultimate goal of growing your child into a better person, in body and in mind, use your lid to block out the unpleasant side of sports. It will be much easier to keep your bucket filled and truly enjoy the whole sports experience. Your child will be more confident in themselves as a person and a player as a result.

To Growing Bucketfilling Kids,
Sandy
