



What are YOUR youth sports goals?

An excerpt from "Positive Sports Parenting" by Jim Thompson

This 100-point exercise can help parents/caregivers and their children understand each other's youth sports goal. Use the form to allocate a total of 100 points, indicating the emphasis you place on the various goals listed. Parents/Caregivers and children should fill out their forms individually and use them to prompt conversation about their shared youth sports experience.

_____	Become a good athlete
_____	Learn to play the sport
_____	Win
_____	Gain self-confidence
_____	Learn to deal with defeat
_____	Physical fitness
_____	Learn "life lessons"
_____	Learn teamwork
_____	Have fun
_____	Make friends
_____	Earn a college scholarship
_____	Other specify _____
_____	Other specify _____
_____	Other specify _____

_____	100	TOTAL
-------	------------	--------------

