



BETTER ATHLETES  
BETTER PEOPLE

# What are YOUR youth sports goals?

An excerpt from "Positive Sports Parenting" by Jim Thompson

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

_____	<b>Become a good athlete</b>	
_____	<b>Learn to play the sport</b>	
_____	<b>Win</b>	
_____	<b>Gain self-confidence</b>	
_____	<b>Learn to deal with defeat</b>	
_____	<b>Physical fitness</b>	
_____	<b>Learn "life lessons"</b>	
_____	<b>Learn teamwork</b>	
_____	<b>Have fun</b>	
_____	<b>Make friends</b>	
_____	<b>Earn a college scholarship</b>	
_____	<b>Other specify</b>	_____
_____	<b>Other specify</b>	_____
_____	<b>Other specify</b>	_____
_____	<b>100</b>	<b>TOTAL</b>

For more Resources, visit: [www.PCDevZone.org](http://www.PCDevZone.org)  
For more information on Positive Coaching Alliance, visit: [www.PositiveCoach.org](http://www.PositiveCoach.org)