

Athens Academy

Sport Parenting Self-assessment Test

The following is taken from the book “The Fulfilling Ride” by Greg Dale. Please take a few minutes to honestly and objectively reflect on your role as a Sport Parent. Using a scale of 1 to 5, rate yourself on your effectiveness as a Sport Parent. Ask your child and spouse to rate you as well.

1 Strongly Disagree -- 2 Disagree -- 3 Undecided -- 4 Agree -- 5 Strongly Agree

_____ I model good sportsmanship at all competitions in the way I interact with other parents, athletes, coaches, and officials.

_____ I conduct myself in a manner such that my family and friends enjoy sitting next to me during competitions.

_____ I do not put too much pressure on my child to win or perform exceptionally well.

_____ 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 do not criticize my child’s coach in front of my child.

_____ I do not give technical or strategic instructions to my child or other athletes during competition.

_____ 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 provide total and unconditional love and support for my child regardless of how he or she performs.

_____ 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 conduct myself in a manner that makes my child proud to have me in attendance.

Total 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.