



CARRIDE CONVERSATIONS

PARENT EDITION

GOAL SETTING

What is the purpose of a tow truck?

To provide assistance and do the work for a car by pulling it to get from point a to point b.

What is the purpose of a guard rail?

To provide guidelines, support and structure so you stay within your lane, in the right direction, to get from point a to b. You may swerve or change lanes, but guardrails are there to guide you.

As a parent of a student-athlete, embody being a guard rail vs. a tow truck. Have you ever felt like you wanted a goal or an outcome more than them? Been so passionate that you feel like you are doing all the work or giving all the answers? I know I have been there as a coach. And when this is the mindset, typically we can see a drop off in motivation, effort and determination in achieving those goals. This is a "TOW TRUCK" mentality. Instead, embody being a guard rail, providing the structure and support of HOW to achieve goals and allowing your student-athlete to create their own path, in either lane, taking their own route, alongside you, not behind you.

THE PROCESS



Goal setting is not about what you want to accomplish but **HOW** you want to get there. Goal setting is actually about the process.

- **Serve as a sounding board** by supporting the establishment of a goal, AND the steps it takes to achieve said goal/task.
- **Evaluate** how important this goal is to the current time and define what it means to commit to achieving the outcome.
- **Set guidelines, not expectations**, to create an environment of autonomy, ownership and discipline.
- **Prepare to for failure**- aka prepare for obstacles, challenges and failure. By doing so, the pressure to avoid failure will decrease, allowing attention to free up to focus on what is needed to succeed.

TOOLS AND TIPS

...for the car ride home

Follow these guidelines to serve as a guard rail to instill success in goal achievement.

1. Facilitate conversation around the following questions: **What do you want to accomplish? How important is this goal to you and what are you willing to commit to achieve this goal?**
2. Support the decision making process around sacrifices and the HOW to the process.
3. Identify and prepare for any obstacles by setting up a contingency plan for failure. Establish recovery strategies to learn, grow and move forward.
4. Catch and praise the good in performance, effort and consistency.

Check out our fall sports schedules here!

Save the date:

18 November
Winter Sports Begin

6 March
Spring Sports Begin

14 August
Fall Sports Begin