



Lessons from Losing

It is important for youth athletes to know how to both win and lose gracefully. They almost certainly will have both experiences and can often learn more from losing than from winning.

For example, a loss can awaken your child to flaws in his or her game that otherwise may have gone overlooked. Losing also can help renew a commitment to mastering a sport, and it can help players recognize any lapse in intensity of their practice, conditioning or mental focus. Most importantly, losing in sports can help children deal with the inevitable setbacks they will face in other aspects of life.