

Quality Sport Matter

Quality Individual Sport Checklist

A MULTI-SPORT APPROACH IS BEST

	Yes	No
Does your child play a variety of sports during the year?	_____	_____
Does your child participate in a number of events within the sports?	_____	_____

SKILL/TECHNIQUE FIRST

Has your child had enough practice to develop the sport skills or techniques?	_____	_____
Is your child active most of the time during training?	_____	_____
Has your child been given fun drills and activities to help learn the technique?	_____	_____
Has your child been able to progress at his/her own pace based on skill proficiency?	_____	_____
Have games been used to help make the learning fun?	_____	_____
Is your child smiling during training most of the time?	_____	_____

DEVELOPMENT OVER WINNING

Has your child learned the fundamental sport skills before racing or competing?	_____	_____
Is your child matched with children of similar ability?	_____	_____
Has the competition format been modified based on your child's ability?	_____	_____
Is the purpose of the competition clear?	_____	_____
Does the competition reinforce the sport curriculum outcomes?	_____	_____
Does your child have opportunities to take on a leadership role?	_____	_____
Does your child have chances to be a team player in this individual sport?	_____	_____

PLAN THE SEASON RIGHT

Is your child's season divided into phases with different emphasis as they develop?	_____	_____
Does your child have enough training time to practice and learn skills?	_____	_____
Does our child get to participate in competition for development?	_____	_____
Does your child get enough rest and recovery time between sessions?	_____	_____

QUALITY COACHING FOR ALL

Does your coach have certification with the NCCP?	_____	_____
Does your coach have a practice plan?	_____	_____
Does your coach know about CS4L – LTAD and follow the sport curriculum?	_____	_____
Do you know if the coach is effective? (Visit www.coach.ca)	_____	_____
Does the coach model and reinforce appropriate safety standards with your child?	_____	_____

BE A GOOD SPORT PARENT

At competition, do you cheer positive words and encouragement?	_____	_____
After an event, win or lose, do you talk about the positive things in the competition?	_____	_____
Do you play or practice sport skills with your child outside of regular practice time?	_____	_____
Do you know the training curriculum for your child's sport at each age?	_____	_____

THE BIG QUESTION

Is your child smiling, laughing, and having fun in their sport?	_____	_____
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