

*You win not by chance, but by preparation. - Roger Maris*

## **Parents: Model Preparation for Practice**

Sports provide children with numerous opportunities to learn life skills. The power of preparation is one such skill. Preparation routines are one of the best ways athletes can prepare themselves for "peak" practice. How can parents help develop this skill? The first way is to model the behavior. Develop and use routines to help you prepare for work, meetings, errands and sports practice!

Think of everything you will need to be totally prepared and present for the activities in your life. Consider meals, clothing, equipment, notes, maps etc. Remember - we get what we prepare for.

Next, work with your child to develop their own pre-practice preparation routine. Help them create a checklist that includes everything they will need to have their best practice. This list can include everything from thinking through when they need to leave home/school to get to practice on time (or even a little early!) to making sure they've got all needed equipment and water ready to go. Learning the skill of preparation through sports will pay huge dividends down the road for your child.

