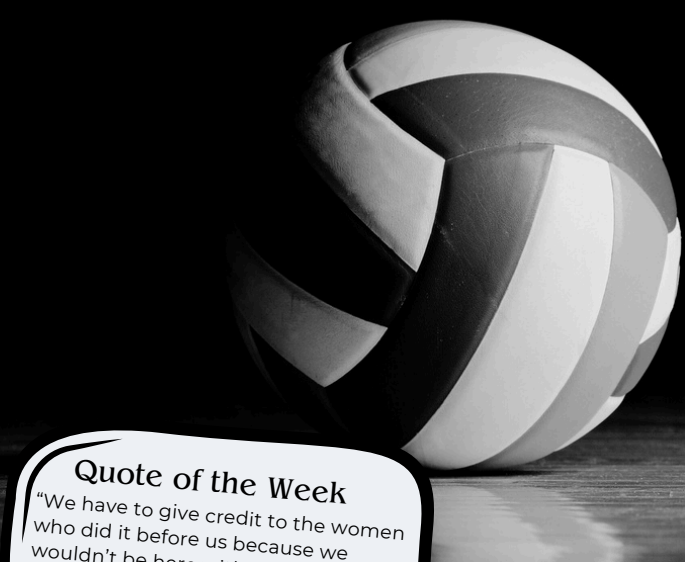


The Court Chronicles

"Your child's success or lack of success in sports does not indicate what kind of parent you are. But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting."
-Anonymous



Sport Parenting 101

Do

Celebrate the competitor above the winner. It is possible to be successful without winning and keeping the focus on the competitor and effort given rather than the outcome can really make a difference.

Don't

Focus on failure. While it is important to reflect on failures to make changes for future decisions, focusing only on failures does nothing but keep people stuck. Failures are the first step to learning new ideas, strategies, and ways of thinking. Focusing on failures does nothing to promote growth and development.

Quote of the Week
"We have to give credit to the women who did it before us because we wouldn't be here without them."
- Lexi Rodriguez

FROM THE VAULT

Why do we pay so much money for our kids to do all their sports? I have a confession to make; I don't pay for my kids to do sports. Personally, I couldn't care less about what sport they do. So, if I am not paying for sports *what am I paying for?*

I pay for my kids to learn to work with others and to be good teammates, gracious in defeat and humble in success.

BOOK CLUB

The Gift of Failure
by Jessica Lahey



Chapter 3 focuses on autonomy and competence. Lahey draws on psychological research, particularly Self-Determination Theory, which highlights three key needs for motivation and growth: autonomy, competence, and relatedness. She explains that children who feel capable and in control of their choices are more likely to embrace challenges, persist through difficulties, and experience greater satisfaction and success.

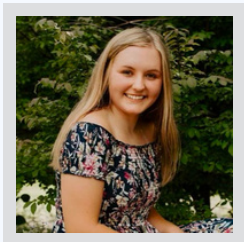
Lahey reassures parents that mistakes and setbacks are valuable learning opportunities, helping children build resilience and competence.

By stepping back and trusting their children to navigate challenges, parents can help them develop the independence and self-confidence they need to thrive in the long run.

ALUMNI HIGHLIGHT



Dani Bartsch
CCVB and University of Montana Basketball



Ally Vavra
NVA and Coach

Kyle's **DAD** Joke
of the week!

Why did the scarecrow win an award?
He was outstanding in his field.

Upcoming Games

- 2/5/2025** LOVB HOU v. AUS
7:00pm on LOVB
- 2/7/2025** LOVB ATL v. SLC
8:00pm on ESPN+
- 2/8/2025** LOVB MAD v. ATL
5:30pm on LOVB
LOVB OMA v. SLC
5:30pm on LOVB