



**ROWING
IRELAND**

Parents in Rowing

“Play Your Part”

Rowing Ireland hopes that clubs and the whole rowing family can ensure that the message about a parent/ guardians role within sport focuses on the positive impact they can have their children. All too often we only hear negative stories about poor behaviour from the river bank. We know that negative parental behaviour takes away from a child’s experience of sport or their desire to continue and see sport as fun. So we want help to raise awareness of the crucial role a parent has in helping a child reach their full potential.

The three key outcomes we hope to achieve are to;

A) Encourage sports clubs to promote the positive role parents/guardians play in helping children reach their full potential.

For example clubs could:

- ask some of their high profile players/athletes to give a short interview/ statement talking about how their parent(s) supported them in their sports career
- tweet or post information on their Facebook / website for their stakeholders.
- hold consultations with young people within rowing asking them what makes a good sports parent and how best to communicate these messages to parents.

B) Empowering parents by sharing information with them on the key roles they can play as a sports parent in supporting their child’s participation, success and fun, therefore retaining a child’s interest in sport.

Message to parents;

In Ireland many children enjoy taking part in sport every week. As a parent or guardian you’ll appreciate how important such participation is for your child’s health and development. We want to ensure that all children have the best possible experience. In terms of child development, positive parental involvement can help develop important skills such as self-esteem, motivation and social skills. These valuable skills learned from sport have also been shown to transfer and facilitate development in other areas of life, such as school and extra-curricular activities.

Rowing Ireland provides information for parents on the importance of their different role as;

- Nutritionists- Knowledge of a healthy diet for developing young people
- Supporter ,spectator and financer - role modelling good behaviour and not being embarrassing, understanding the importance of language
- Transporter - using this time in the car/traveling to debrief correctly

We would ask that this information is shared widely within rowing.

C) Assist coaches/leaders to understand the crucial role parents/guardians have on a child's participation and continued involvement in sport.

Helping coaches/leaders understand and appreciate the many demands on a parent's time and the knowledge parents are required to have to maintain a child within a sport.

Understanding the parent's role as a;

- **Nutritionist** – providing the correct healthy food and drinks for young people
- **Supporter**- providing emotional support to help young people celebrate correctly and to deal with defeat or poor performances
- **Spectator** – giving a voice and ensuring good behaviour is the established norm with in your club
- **Financer** – Paying fees when they are due, competition entries, buying kit and equipment. Knowing what is expected of them.
- **Transporter** – Getting the young person to and from training/ competitions. Getting the child in the right frame of mind, creating the right mood before a child takes part.

We attach information for coaches/leaders on welcoming/ appreciating parents, to assist with initial conversations about roles and expectations, but also on how to have difficult discussions when things are not going well. [Note to parents and coaches here]

Thank you for your interest.

Any queries about this should be addressed to gordon.reid@rowingireland.ie