

# GROWING CHAMPIONS FOR LIFE

*Positive Strategies for Helping Kids Win at Life and Sports*

## Parenting Hacks to Keep the Busy Sports Family Sane

By David Benzel



Do you ever feel like the juggling act required to keep your kids in sports is C-R-A-Z-Y?

If you have more than one athlete and/or more than one sport, then it certainly can feel like a monumental effort to make it work.

Normal day-to-day rhythms of getting to and from practices can become **logistical nightmares** when you throw in an extra parent's meeting, a random dentist appointment, or a weekend-long tournament.

And in a large family, the "crazy" can become the norm. However, there are ways to make the process more streamlined.

# GROWING CHAMPIONS FOR LIFE

*Positive Strategies for Helping Kids Win at Life and Sports*

Smooth out the bumps with these three hacks that can set your sports family up for success during the busiest seasons of life.

## **1) Go To A Zone Defense**

Those familiar with “zone defense” terminology understand that it is a strategy used in team sports as an alternative to man-to-man defense.

In the case of a busy sports family, zone defense works best since the children often outnumber the adults in a home.

**Broken down to its simplest form it is about dividing and conquering the logistics of the day.**

Here’s how it works. All of the adults in the home with a driver’s license – Dad, Mom, older siblings, grandparents – are part of making sure that all of these areas are covered:

- Getting kids to and from practice
- Attending parent meetings
- Checking in daily with homework responsibilities
- Preparing meals for everyone

Ensure that the load is shared and that the family works as a team. Many hands – and drivers – make the work light.

## **2) Check the Playbook Regularly**

Zone defense may help with the day-to-day management; however, it is also critical to take a step back and look at the bigger picture regularly.

This is where a weekly or monthly check of the “playbook” can be critical.

In the sporting world, the “playbook” refers to the collection of all the possible defense and offense plays that a team may employ to be successful.

# GROWING CHAMPIONS FOR LIFE

*Positive Strategies for Helping Kids Win at Life and Sports*

At home, checking the “family sports playbook” can involve things like:

- Syncing everyone’s calendars for the week/month
- Making sure uniforms are cleaned and accessible
- Inspecting equipment to make sure everything is in working order, and replacing things that are not
- Having needed conversations about homework, school projects, attitudes etc.

Regularly taking a step back to view the overall systems and correct those areas that need change, helps to avoid getting stuck in a rut or caught in a method that just isn’t cutting it.

### 3) Create a Rallying Cry



In his book, [\*The 3 Big Questions for a Frantic Family\*](#), Patrick Lencioni wrote about the need for a family to have a **rallying cry**.

# GROWING CHAMPIONS FOR LIFE

*Positive Strategies for Helping Kids Win at Life and Sports*

This is when a family decides on ONE thing that they feel is important enough to focus and work on together.

In the case of a busy sports family, a rallying cry might be: **“Mealtime is our time”** or **“Let’s keep it positive.”**

At the start of a new season, it is helpful to come together as a family and talk about the challenges that may come about due to the busier schedules.

Brainstorm together the areas that perhaps posed problems in the past and how you might work through them better this time.

A rallying cry should inspire and refocus the family. Perhaps it is just a focal point for a season and then you pick a new one – in this way, it stays fresh.

## **Final Thoughts**

Involvement in sports may have its challenges to family dynamics. However, the benefits of sports participation most often outweigh the demands.

Employ a little family teamwork, organize a plan, and keep each other motivated and inspired to create a system that works and keep your sports family in the groove.

**David Benzel** is the Founder and Executive Director of [Growing Champions for Life, Inc.](http://GrowingChampionsforLife.com), which provides parents and coaches with practical tools & positive strategies for helping athletes reach their full potential while enjoying the youth sport experience. David is also the author of *"From Chump to Champ - How Individuals Go From Good to Great"* [www.growingchampionsforlife.com](http://www.growingchampionsforlife.com)

# GROWING CHAMPIONS FOR LIFE

*Positive Strategies for Helping Kids Win at Life and Sports*

[https://www.123rf.com/stock-photo/sports\\_family.html?imgtype=0&sti=mc3drkc4de46jhprj6|&mediapopup=42308753](https://www.123rf.com/stock-photo/sports_family.html?imgtype=0&sti=mc3drkc4de46jhprj6|&mediapopup=42308753)

[https://www.123rf.com/stock-photo/large\\_family\\_walking\\_together.html?imgtype=0&oriSearch=largefamily+walking+together&sti=lcx0qyvo7ceemlk008|&mediapopup=61280804](https://www.123rf.com/stock-photo/large_family_walking_together.html?imgtype=0&oriSearch=largefamily+walking+together&sti=lcx0qyvo7ceemlk008|&mediapopup=61280804)