

Mountain
Eagle Karate
Academy

"Fly like an Eagle" Newsletter

Issue 1

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"If you always put limit on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them".

Bruce Lee

Key Points for

Parents:

- Support
- Boost Confidence
- Reinforce
- Encourage to Have Fun!

"Parents of young athletes"

Parents play a key role in the development of their children through the activities and sports in which their kids choose to participate. For a parent to be the best they can be in their support role it is important to understand some key concepts. This also gives the child athlete the best chance of performing well and having a rewarding experience.

Each year we hear on the news stories about parents getting involved in arguments with other parents, sometimes escalating into violence, with the catalyst being a sporting event involving children. These are extreme cases, but they illustrate a concept of parents not understanding their roles in supporting their children in their athletic endeavors. I can remember, from my childhood, fellow athletes whose parents often expressed their dissatisfaction with their performance, were overly critical, did not provide positive reinforcement or whose parents were overly involved in the sporting events, making it about the parents and not the kids. I can also remember fellow athletes whose parents were uninterested in supporting them in any way. These parents clearly did not understand their roles and the performance and experience of their kids were affected.

Let's explore some positive parental roles.

Support - exposing kids to activities/sports and letting them decide the ones they want to pursue. Arranging for appropriate attendance. Providing necessary equipment. Understanding that it is all about the kids!

Boosting Confidence - praise and unconditional approval, providing positive reinforcement and constructive feedback.

Reinforce - what they are taught such as the importance of work ethic, practice, goals, and perseverance.

Have

Fun - once the preparation process has been completed I have 2 thoughts that I send kids out with the day before a tournament. 1: do your best, 2: have fun. At this point, all anyone can do, is the best they can do that day and it is important to enjoy what you are doing.

Renshi Mark Gorman





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MOUNTAIN EAGLE
KARATE ACADEMY

"Fly like an Eagle"

We're on the Web!

www.mountaineaglekarate.com

Mountain Eagle Karate Academy founded in 2002 by Mark & Anna Gorman teaches the art of Shuri-Ryu Karate.

Mountain Eagle Karate Academy is dedicated to providing its customers the highest quality curriculum that with training on a weekly basis can increase self confidence, physical fitness and heightened awareness. People of all ages can benefit from training at MEKA in a family friendly environment.

Dojo Etiquette:

Always bow when entering and
leaving the dojo floor!

Safety Tips

Always strive to develop your awareness. A heightened sense of awareness is the greatest tool we have to keep ourselves safe. It allows us to avoid dangerous situations by thinking ahead avoiding these situations before they occur. For kids, this translates into looking both ways before crossing the street; never talking to strangers; using good judgment.

When isolated you should become extra alert. Also, if approached by a stranger that makes you uncomfortable, it is ok to YELL loudly to draw attention to yourself and run away.

Renshi Mark Gorman

