



# New Years Resolutions for Youth Sports Parents

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During this month, many of us take time to reflect on the past year and look for ways that we can become the best version of ourself in the new year. While it is never a bad thing to reevaluate your diet and exercise habits, I wanted to offer some thoughts on resolutions for parents of young athletes. The nature of competitive, or recreational, sports can lead to some bad habits and now is a great time of year to work on fixing them. If you are looking for a resolution or two for 2026, consider these, and see if any of them resonate with you:

- I will introduce myself to parents of new players on the team and make them feel welcome.
- I will ask more questions and offer less advice to my child on the car ride home after games.
- I will emphasize the importance of practice and the benefits that come from putting in hard work and seeing steady progress towards individual and team goals.
- I will invite all players and parents to team dinners at tournaments, so no one feels left out.
- I will determine the success of a game more so by my child's effort and attitude than by the result on the scoreboard.
- I will find ways to ensure that my child is having fun playing sports while still being competitive.
- I will stop comparing my child's performance to others. Everyone develops on their own timeline and we can celebrate other's successes without being jealous.
- I will encourage my child to have a healthy balance of sports, non-sporting activities, schoolwork, and social time in their daily lives to not burn them out.
- I will stress less about wins and losses when traveling to tournaments and find opportunities for new experiences and quality family time to make it more of a mini-vacation.
- I will positively cheer for my child from the sidelines when it is appropriate, but will refrain from distracting comments like "Shoot It!" or "Pass It!".
- I will not let the team that my child plays on become my own status symbol.
- I will not be critical of my child's coach in front of them.
- I will not force my child to play the sport I played, if they don't enjoy it. There are so many other activities that kids can enjoy today.
- I will not embarrass my child by yelling at refs. I will instead thank the refs for doing a job that few are willing to do.