



Flight Path Program 'FPP Kids First'

A parent's role in sport is important. How many times have you looked at the mannerisms of your child and thought, "I do that"? Children replicate what adults do, this is how humans learn. How your child competes is greatly influenced by parental behaviours. This is why it is vital for the development of children, adults in a position of power (parents, coaches, officials etc.) act in a constructive and encouraging manner at all times. Cheering and wanting your child to perform well is human nature, but this should be done in a responsible manner.

Basketball is one of the most popular sports in the country with 30.5% of children aged between 6 and 13 playing¹. Sunbury Basketball Association has put together a document which assists parents in engaging in their child's development of an athlete and a person.

Principles of FPP Kids First:

- Sport for children is a vital part of their growing up.
- Children like to win but, more importantly, they want to have fun.
- Parents need to set the right example on the side lines, not just at home.
- Parents should be proud of their child's efforts, irrespective of the result.
- Sport is important to children's self-esteem.
- Encourage positive talk with your children about their efforts.

Why do children want to play sport?

- To play games and have fun.
- To mix with and socialise with their friends.
- For the feeling of self-development and fulfilment.
- For the challenge of the contest.

The benefits of children playing sport:

- Develop communication and social skills.
- Build character, commitment and self-esteem.
- Build discipline and sense of achievement.
- Develop sportsmanship, respect for officials and opposition players and an understanding of winning and losing.
- Physical wellbeing and fitness.

¹ Roy Morgan Young Australians Survey, January 2014 – December 2014, sample n = 2404 Australians aged 6-13.



Parents Pledge:

1. I will remember that children play sport for their enjoyment not yours.
2. I will encourage children to participate, do not force them.
3. I will focus on the child's efforts and performance rather than winning or losing.
4. I will encourage children to always participate according to the rules.
5. I will never ridicule or yell at a child for making a mistake or losing a game.
6. I will remember that children learn best by example. Applaud good plays by all teams.
7. I will support all efforts to remove verbal and physical abuse from sporting activities.
8. I will respect official's decisions and teach children to do likewise.
9. I will show appreciation of coaches, officials and administrators. Without them your child could not participate.
10. I acknowledge that the consumption of alcohol and smoking is inappropriate at all junior games.

Please note – Failure to adhere to the code of conduct may result in the withdrawal or suspension of your child's registration with the FPP for a period of time.

FPP Coaches, umpires, officials, administrators and parents form the basketball community. It is vital, for the betterment of junior sport, that we work together to provide the highest quality sporting environment for our children. "FPP Kids First" is designed to assist parents with the important role that they play in their child's sporting experience.

Parents are encouraged to understand and promote the following:

- Sport for children will provide a solid base for later life.
- Be proud of your child's attempts to compete.
- Children want to "play the game".
- Promote the personal best philosophy - "do your best"
- Adults can give children two valuable assets:
 1. The right example
 2. The right attitude.
- Children like to win, but participation and enjoyment come first.
- Children are not little adults; let them play their game as a positive experience that will encourage them to a life-time involvement in sport.
- Support and applaud effort, discuss the game but never criticise.
- Display self-control – don't embarrass your children or yourself.
- Support umpires and encourage players to accept their decisions.
- Above all, support an atmosphere of fun and enjoyment.
- After the game, speak briefly and rationally.

The FPP thanks you for your efforts to provide a healthy and positive sporting environment for our children.

If you would like to report a breach of the policy please Email: flightpath@sunburybasketball.com.au