

Team Sports at Jacob Beam

Jacob Beam offers a full range of team sports, both at the junior (gr. 4 - 6) and intermediate (7 - 8) levels.

School staff members and parents volunteer their time to coach our teams. Very often, coaches have to make difficult decisions when putting together a team. Please support them by preparing your child for the possibility of not making a team. If there is something that you would like the coach to consider, please speak to him/her prior to the try-outs, not after the teams have been formed. If your child is going to miss a try-out for any reason, it is his/her responsibility to inform the coach. Please encourage your child to develop the skills necessary to approach an adult with information that could affect an outcome directly related to a child's goal. School-aged children need to develop these skills as early as possible.

Below, you will find advice on how to help your child if he/she does not make the team.

Schedule for team sports:

September: Soccer

September/October: Cross Country

October: Intermediate Volleyball

November: Junior Volleyball

December/January/February: Intermediate Basketball

February/March: Junior Basketball

February - April: Gymnastics

April: Intermediate Badminton

May: Track & Field

June: 3 Pitch

Advice for parents

Sports psychologist **John Murray** offers these tips for parents of students who may or may not make the team:

Be realistic: Before tryouts begin, make sure your child is going into it with a healthy perception of his or her skills and the possibility of not making the team.

Be a parent: Sports may teach toughness, but a child should still feel accepted at home. "Kids want to be loved for who they are, not what they do," he said. Don't add to the feeling of failure at home.

Keep a cool head: Before you call the coach, wait a few days and ask for objective feedback.

Keep it up: Encourage your child to use the season to build strength and skills with other teams or sports.

A backup plan: Talk about alternatives for physical activity outside school.

And from momsteam.com:

So, if your child doesn't make the team, here are some parenting tips:

- **Avoid an immediate overreaction.** While you may not be happy with the outcome, let her know that you are happy she did her best.
- **Offer unconditional love, support and empathy, and above all, practice active listening.** Listen to the pain she is experiencing. Listen to the disappointment she is feeling. Listen to the anger she may be feeling toward the coach or the team selection process. Listen to what she thinks was unfair about the process.
- **Non-verbal communication** is a great way to show you are sad and that there may be no appropriate words.
- **Validate her feelings; don't play them down.** Let her vent and have her feeling heard; give her a chance to share her pain and disappointment.
- **Don't paint her as the victim** - it will only make her more disappointed. Explain how coaches typically pick a team; that there are usually a couple of players who are obvious and easy picks, one way or other, and the rest are somewhere in the middle. Ask her whether she could honestly say she was one of the best players. She will most likely admit that she fell into the middle group, where the selection process becomes much more difficult.
- **Develop a game plan for the future:** Some children will be motivated by being cut to redouble their efforts to improve so they make the team next year. If so, volunteer to work with her to get better (don't push; her motivation has to come from within).
- **Suggest another sport or activity.** Be aware that your child may view being cut as the end of the road for her participation in a particular sport. She may recognize that she doesn't have the skill to play the sport at the next level. If you agree, you should suggest that she try another sport: This is especially good advice for children under twelve. They should be experimenting with a number of sports before settling on one in which to specialize (or finding some activity they can enjoy and feel passionate about).
- **Consider talking with the coach in a non-confrontational way** to find out why your child was not selected and what she needs to improve to make the team next year.

Handling disappointment in life is a skill that we all need to develop. Sometimes it can motivate a child to work harder or sometimes a decision is made to focus in another direction. Either way, a child learns that he/she is in control of his/her responses to life's challenges. Responses that empower lead to positive results and increased self-esteem.