

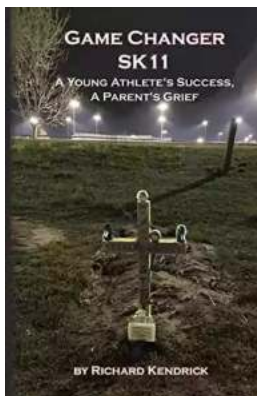
# Young Athlete Success: Navigating Parent Grief

Winning championships, breaking records, and achieving sports glory are often dreams parents have for their young athletes. As parents, we invest time, energy, and resources into supporting our children's athletic pursuits, hoping they will excel and find success on the field. We cheer them on from the sidelines, attend endless practices, and dedicate ourselves to their development.

However, the road to young athlete success is not always smooth. Alongside the joy and pride of our children's achievements, many parents experience unique challenges and struggle with unexpected emotions. The phenomenon known as "parent grief" is a lesser-known aspect of raising young athletes, but one that deserves attention.

## The Pressure to Perform

When our children show exceptional talent and passion for a sport, it can be exciting and fulfilling to see them thrive. However, it also comes with a whole set of expectations. As parents, we might feel an immense pressure to ensure our young athletes reach their full potential.



## Game Changer SK-11: A Young Athlete's Success, A Parent's Grief by Richard Kendrick(Kindle Edition)

★★★★☆ 4.9 out of 5

Language	: English
File size	: 2536 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 90 pages



The desire to see our children succeed can sometimes lead to unhealthy levels of stress and anxiety. We might worry about their performance, comparing them to their peers, or constantly pushing them to achieve more. These high expectations, both from ourselves and from others, can take a toll on our emotional well-being.

## **The Rollercoaster of Emotions**

Parent grief is characterized by a range of intense emotions that parents of young athletes may experience throughout their children's journey. From elation and pride after a big win to disappointment and frustration after a loss, we ride an emotional rollercoaster alongside our children.

It is important to acknowledge that it is natural for parents to feel a mix of emotions. We invest so much in our children's sports activities that it becomes intertwined with our identity as parents. When they succeed, we feel like we have succeeded as parents. Conversely, when they fall short of our expectations, we might experience a sense of personal failure.

## **Coping Strategies for Parent Grief**

Navigating parent grief requires recognizing our emotions and finding healthy coping mechanisms. Here are a few strategies that can help parents deal with the ups and downs of young athlete success:

1. **Practice Self-Care:** It's crucial to prioritize our own well-being. Taking time for ourselves, engaging in activities we enjoy, and maintaining a healthy

work-life balance can help us manage stress and reduce the impact of parent grief.

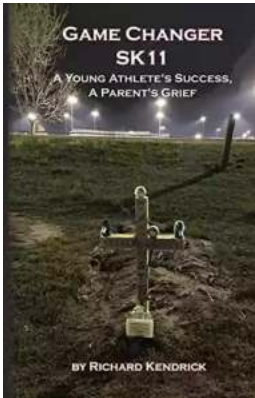
2. **Communicate and Seek Support:** Talking to other parents who have experienced similar challenges can provide a sense of validation and understanding. Sharing our worries and concerns with trusted friends or joining support groups can also help alleviate the burden.
3. **Reframe Expectations:** It's important to remember that young athletes are still growing and developing. Setting realistic goals and focusing on their overall well-being rather than just their athletic achievements can help alleviate some of the pressure we put on ourselves and our children.
4. **Celebrate the Journey:** Instead of solely fixating on outcomes and results, we should celebrate the journey our young athletes undertake. Emphasizing the value of hard work, perseverance, and personal growth allows us to find joy in the process, regardless of the outcome.

Being a parent of a young athlete brings immense pride and joy, but it also carries its fair share of challenges and emotions. Understanding parent grief and learning how to navigate it is essential for maintaining a healthy and supportive environment for our children.

As parents, let us remind ourselves that our children's success is not solely defined by their performance in sports. By prioritizing their overall well-being, instilling values of resilience and determination, and offering unconditional support, we can create an environment that fosters growth and enables them to find success both on and off the field.

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Like many parents, Richard and Pam Kendrick dedicated themselves to the passions of their children. Namely, baseball. It seemed little Steven came out swinging from the beginning. It wasn't long before Kendrick (Richard) found himself coaching tournament-level youth baseball, taking both his son and daughter's teams to national championships as they grew. Through it all, it was always Steven leading the way forward. This was true right up to his first year at college on a full scholarship, when the dream came crashing down in an instant.

At just 19 years old, Steven "Stevo" Kendrick had already made a name for himself within the baseball community. Having played competitive ball practically since he was big enough to swing a bat, Stevo was more than an athlete. He was a leader for his community and school, and the guiding light of his father's life. Everyone knew he was destined to do big things.

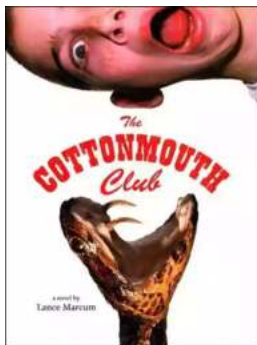
Trying to make sense of it all, his father provides not only a beautiful memorial to his son's memory, but help and advice for parents of young sports stars to remember what's most important while pursuing the dream. Kendrick looks back on Steven's life of excellence and draws out messages of hope, inspiration, and

healing for sports families and parents suffering through the unique grief of losing a child.



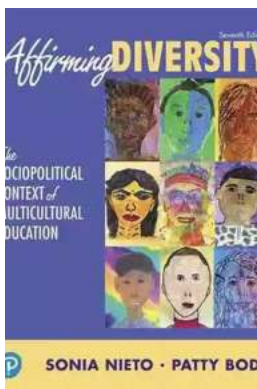
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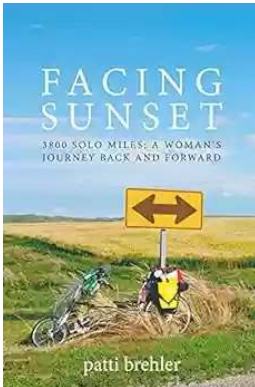
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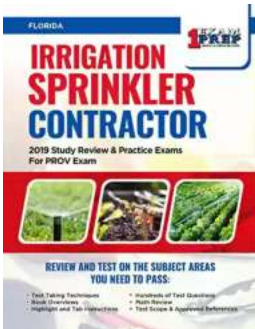
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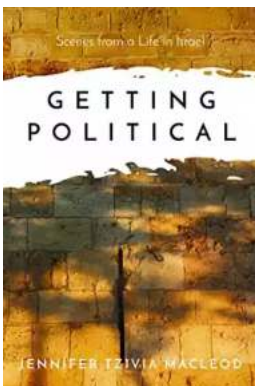
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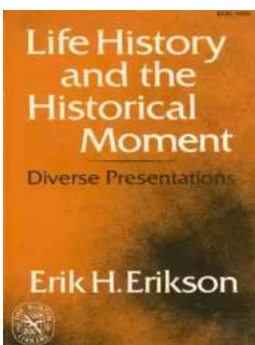
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