



# PARENTING FOR SUCCESS

## Winter Sport Parent Information



Skiing and snowboarding are unique as competitive sports because we can enjoy them recreationally as an extended family for years to come, if we help make it an enjoyable experience for our kids.

## INTRODUCTION

I'm a sport parent, and fortunately for me, now I can say that I am a SSWSC sport parent. My name is Jon Nolting, and I am excited to be in Steamboat in the role of SSWSC Athletic Director. In my many years working in sport it is clear to me that as parents, we have a profound impact on our children's success and enjoyment in sport. I have also found through experience that the way we are wired to react to our children's involvement in sport is sometimes exactly the opposite of what our children need. Being a great sport parent is not easy!

Our children's participation in skiing and snowboarding is a major investment of time, money and energy, among other things. Yet we are compelled to make the sacrifices necessary for our children to be involved because we believe the return will be well worthwhile. For that investment, we ought to be committed to make sure we're doing what we can to help our children have the best possible experience. It all starts with knowledge. It doesn't matter whether we competed ourselves at a high level, or if we've never skied or snowboarded before, learning the sport as a parent is a whole new undertaking.

So as I start with the SSWSC, I have one simple ask. **Will you commit to learning more about your child's sport to help you in supporting them in the best way you can?** I will make the commitment to help you learn more by providing great information and being available for questions. We are starting this **Parenting for Success** series, which is set to come out weekly, as a place to start. We have lots of great topics to share with you over the year ahead.

My wife, Darlene, and I, with our children Nicole and Jeremy, are looking forward to being part of the Steamboat and the SSWSC community because we know what a special place this is for families. We look forward to meeting you all and sharing the important and extremely rewarding responsibility of being a great sport parent.

Together in support of excellence,



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### Pledge to learn more about your role in your child's sport in these areas:

- How can I support my child emotionally through their involvement?
- What type of commitment is required now, and in the future (time, travel, equipment, cost)?
- How much competition is appropriate for my child?
- How can I help my child deal with successes and failures?
- In what areas do I need to help my child, and what should they take on by themselves or with their coach?
- What should I expect of my child's coaches?