

# Team Meibukan Parent's Quiz

Name:

## Coaches and Parents Video

1. Coaches and Parents should work in harmony.

True or False

2. Coaches should expect from parents... (Please check all that apply)

- a) An Emotional Investment
- b) Questions
- c) Comments
- d) Bickering

3. Expectations of parents and coaches should be... (Please check all that apply)

- a) On time
- b) Stay Calm
- c) Yell at referees
- d) Applaud good calls

4. Parents most valuable role is to collaborate with with coaches on how best to create the best possible positive environment for their child.

True or False

## Athletes and Parents Video

1. The basic philosophy for a coach is to...

- a) Create a winning athlete
- b) To keep referees in line
- c) To drink beer and curse in front of athletes
- d) Teach fundamental life lessons to parents and athletes

2. Kids should have fun.

True or False

3. Life lesson that can be learned through sports are... (Please choose 1)

- a) Work Ethic
- b) Team Work
- c) Losing as a learning opportunity to grow
- d) All of the above

4. What can parents do to help?

- a) Bribe coaches with beer and sushi
- b) Publicly criticize coaches
- c) Respect coaches decisions
- d) Criticize athletes

## Winning and Losing Video

1. Winning is important because...

- a) It gives players a \_\_\_\_\_ and validates their \_\_\_\_\_ s.

2. Keeping winning and losing in perspective is NOT key to developing a players character and ensuring their continued interest in competitive sports.

True or False

3. Focusing on winning at all cost undermines the life lessons learned by losing and the fun of playing a sport.

True or False

4. Positive lessons that are learned from a loss are... (Choose all that apply)
- a) Select New Strategies
  - b) Take Athletes To a New Level
  - c) Teaches Humility and Accountability
  - d) Bounce Back Mentality
5. Mastery Approach to Sports focuses on...
- a) Winning
  - b) Effort
  - c) Technical Ability
  - d) Scoreboard

From The Athlete's Point of View

1. Positive examples of supporting your child's effort are... (Fill in the gaps)
- a) Smile and \_\_\_\_\_ up.
  - b) Say Good \_\_\_\_.
  - c) Say Ch \_\_ r Up.
  - d) H \_ g \_.

### Collaboration

1. In an experiment involving chickens. Green zone chickens out performed red zone chickens in egg production.

True or False

2. Red zone environment produce more red zone behaviour while green zone environment creates more eggs (Results)

True or False

3. When we are defensive, we are protecting ourselves from other people and NOT the things we fear most.

True or False

4. The things we fear most and become defensive for are our own... (Choose all that apply)
- a) Incompetence
  - b) Significance
  - c) Good looks
  - d) Likeability
5. Early warning signs for defensiveness are... (Choose all the apply)
- a) Wanting to get the last word
  - b) Sharing a pizza
  - c) All or nothing thinking
  - d) Withdrawal and silence