

CHILD'S PRE-SEASON CHECKLIST

Name _____ Sport _____
Date _____

Think about why you want to play a sport this season. Put a \checkmark next to the 3 most important reasons, then put a "1" next to your most important reason, a "2" next to the 2nd most important reason, and a "3" next to the 3rd.

- _____ I want to be a part of a team
- _____ I want to be with my friends
- _____ I want to make new friends
- _____ I don't have any special reason, I just want to try it
- _____ I want to improve my skills
- _____ I want to learn new skills
- _____ I want to have fun
- _____ I want to do it for the excitement
- _____ I want to get some exercise
- _____ I want to get in shape
- _____ I want to compete against others
- _____ I want to be challenged
- _____ I want to win
- _____ I want to become a champion
- _____ I want to be popular
- _____ I want to please my parents

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Figure 7. Child checklist to be filled out before playing a sport. Answers are compared with the parent's checklist.