

This newsletter is brought to you as a free service of your local youth sports association. It is part of the Sports Esteem program for kids and families. For more information, visit the Sports Esteem website at [www.sportsesteeem.com](http://www.sportsesteeem.com).

**Please Note:** Over the summer starting with this issue, the Youth Sports Newsletter will be published every other week rather than every week.

### Special Feature

## What Athletes Can Learn from Rock Bands

Rock music and sports frequently go together. Rock music captures the energy and excitement of a hard fought game better than words often can. Besides going together, rock music and sports have much in common. Besides "team" names and spectators, bands and teams feature limited chances of big-time success but unlimited chances for personal enjoyment.

Listening to and watching a rock band perform are not only entertaining, they also provide a good example of how people work together as a team and show the value of practice in building skill. Here are six quick lessons an athlete can learn from a rock band:

- **Natural talent triumphs, but practice gets you close** – The most gifted musicians and athletes are often child prodigies. Mozart starting composing symphonies when he was five. Wayne Gretzky starting dominating youth hockey before he was ten. Fortunately, there are more bands and teams than there are Mozarts and Gretzkys. Passion, hard work and practice give less naturally gifted participants a chance for success.
- **Band members have to be good, soloists have to be perfect** – When bands perform, individuals often make mistakes. For most listeners, these mistakes are seldom heard because other band members cover the mistakes. However, when a musician plays solo, every mistake stands out. Athletic teams work the same way. On a team, players can rely on teammates to cover a mistake or create an opportunity. But, when players don't share the play with their teammates, their performance must be flawless either to score or to prevent a score.
- **Communication is key - especially with new band members** – Even in bands which have played together for a long time, band members watch the hands and gestures of other band members and listen for cues or subtle changes in rhythm. These forms of communication help the band stay together through difficult parts of the song or help increase the band's enthusiasm during the performance. Communication on any team is a critical part of the team's success. In sports, it is important that players communicate with each other frequently to coordinate activities.

- **Each band member has a role to play** – Music is often enhanced when drums beat out the rhythm or a guitarist plays the chords that provide the background for the lead. If a guitarist would start trying to play the drums in the middle of a song, the song would quickly fall apart. Like in bands, each member on a sports team has a role to play for the team to be successful. When players try to take over another player's position, the team's performance, like a band's song, can quickly fall apart.
- **Attitude enhances the performance** – If a rock band walked quietly on stage and played its hit songs while sitting down, it is hard to imagine that the performance would be all that exciting. Rock bands start performing before the first note is played by using their attitude and confidence to set the tone. On a sports team, positive individual and team attitudes can make a big difference in the outcome.
- **Egos can break up the band** – The rock world is littered with bands which have broken up because the lead singer became more important than the band. Although one band member may be featured in the spotlight, the rest of band is essential for the song. In sports, one player often scores and is momentarily featured in the spotlight. However, when that player fails to recognize the contributions of teammates, teams suffer.

The joy of participation in a band or a team is the ability to accomplish things as a group that are impossible to accomplish as individuals. When band members or teammates work together, the accomplishments, fun and life-lessons that result provide confidence and experience that help in all areas of life.

### **How Parents Can Help**

For parents whose kids are trying to build on the lessons presented above, here are a few quick thoughts:

- Unless your child is a Mozart or a Gretzky, he or she will need a great deal of practice. Help your child develop his or her own passion for music or for the sport that will lead to self-motivated practice.
- When parents encourage individual play, such as paying for scores, they are just setting their child up for eventual failure. As kids play at older levels or in more competitive leagues, team play becomes essential for success.
- Yelling from the sideline may seem helpful but interferes with player-to-player communication. Parents should encourage this communication by refraining from providing instructions during game play.
- Every position in a band or a team is important. Though some positions have more featured roles or score more, each position contributes to the outcome. Parents should encourage their children to work together within the framework of their assigned role.
- Kids feel better when they are having fun and are full of confidence. Criticism, no matter how well intended, often takes away from this confidence. Parents should always weigh the prospect of criticism against the possible loss of confidence and fun.
- Congratulating a child after a score is a great way to show parental

enthusiasm. Parents can help set the right tone by also congratulating other players who helped make the score possible.

Building kids who play longer and better requires a great deal of parental support. Whether enduring endless repetitions of the same melody or hauling kids to and from lessons, games and practices, parents are an integral part of a child's skills development. When kids and parents work together, beautiful music (or play) is the result.

Newsletter contents © Copyright 2004, Sports Esteem, Inc. All Rights Reserved.

For a free subscription to the weekly Sports Esteem newsletter, visit <http://www.sportsesteem.com>.  
To provide feedback, comments or insights, write to [info@sportsesteem.com](mailto:info@sportsesteem.com).

**More Information Available at [www.sportsesteem.com](http://www.sportsesteem.com)**

This newsletter is brought to you as a free service of your local youth sports association. It is part of the Sports Esteem program for kids and families. For more information, visit the Sports Esteem website at [www.sportsesteeem.com](http://www.sportsesteeem.com).

**Please Note:** Over the summer starting with this issue, the Youth Sports Newsletter will be published every other week rather than every week.

### Special Feature

## What Athletes Can Learn from Rock Bands

Rock music and sports frequently go together. Rock music captures the energy and excitement of a hard fought game better than words often can. Besides going together, rock music and sports have much in common. Besides "team" names and spectators, bands and teams feature limited chances of big-time success but unlimited chances for personal enjoyment.

Listening to and watching a rock band perform are not only entertaining, they also provide a good example of how people work together as a team and show the value of practice in building skill. Here are six quick lessons an athlete can learn from a rock band:

- **Natural talent triumphs, but practice gets you close** – The most gifted musicians and athletes are often child prodigies. Mozart starting composing symphonies when he was five. Wayne Gretzky starting dominating youth hockey before he was ten. Fortunately, there are more bands and teams than there are Mozarts and Gretzkys. Passion, hard work and practice give less naturally gifted participants a chance for success.
- **Band members have to be good, soloists have to be perfect** – When bands perform, individuals often make mistakes. For most listeners, these mistakes are seldom heard because other band members cover the mistakes. However, when a musician plays solo, every mistake stands out. Athletic teams work the same way. On a team, players can rely on teammates to cover a mistake or create an opportunity. But, when players don't share the play with their teammates, their performance must be flawless either to score or to prevent a score.
- **Communication is key - especially with new band members** – Even in bands which have played together for a long time, band members watch the hands and gestures of other band members and listen for cues or subtle changes in rhythm. These forms of communication help the band stay together through difficult parts of the song or help increase the band's enthusiasm during the performance. Communication on any team is a critical part of the team's success. In sports, it is important that players communicate with each other frequently to coordinate activities.

- **Each band member has a role to play** – Music is often enhanced when drums beat out the rhythm or a guitarist plays the chords that provide the background for the lead. If a guitarist would start trying to play the drums in the middle of a song, the song would quickly fall apart. Like in bands, each member on a sports team has a role to play for the team to be successful. When players try to take over another player's position, the team's performance, like a band's song, can quickly fall apart.
- **Attitude enhances the performance** – If a rock band walked quietly on stage and played its hit songs while sitting down, it is hard to imagine that the performance would be all that exciting. Rock bands start performing before the first note is played by using their attitude and confidence to set the tone. On a sports team, positive individual and team attitudes can make a big difference in the outcome.
- **Egos can break up the band** – The rock world is littered with bands which have broken up because the lead singer became more important than the band. Although one band member may be featured in the spotlight, the rest of band is essential for the song. In sports, one player often scores and is momentarily featured in the spotlight. However, when that player fails to recognize the contributions of teammates, teams suffer.

The joy of participation in a band or a team is the ability to accomplish things as a group that are impossible to accomplish as individuals. When band members or teammates work together, the accomplishments, fun and life-lessons that result provide confidence and experience that help in all areas of life.

### **How Parents Can Help**

For parents whose kids are trying to build on the lessons presented above, here are a few quick thoughts:

- Unless your child is a Mozart or a Gretzky, he or she will need a great deal of practice. Help your child develop his or her own passion for music or for the sport that will lead to self-motivated practice.
- When parents encourage individual play, such as paying for scores, they are just setting their child up for eventual failure. As kids play at older levels or in more competitive leagues, team play becomes essential for success.
- Yelling from the sideline may seem helpful but interferes with player-to-player communication. Parents should encourage this communication by refraining from providing instructions during game play.
- Every position in a band or a team is important. Though some positions have more featured roles or score more, each position contributes to the outcome. Parents should encourage their children to work together within the framework of their assigned role.
- Kids feel better when they are having fun and are full of confidence. Criticism, no matter how well intended, often takes away from this confidence. Parents should always weigh the prospect of criticism against the possible loss of confidence and fun.
- Congratulating a child after a score is a great way to show parental

enthusiasm. Parents can help set the right tone by also congratulating other players who helped make the score possible.

Building kids who play longer and better requires a great deal of parental support. Whether enduring endless repetitions of the same melody or hauling kids to and from lessons, games and practices, parents are an integral part of a child's skills development. When kids and parents work together, beautiful music (or play) is the result.

Newsletter contents © Copyright 2004, Sports Esteem, Inc. All Rights Reserved.

For a free subscription to the weekly Sports Esteem newsletter, visit <http://www.sportsesteem.com>.  
To provide feedback, comments or insights, write to [info@sportsesteem.com](mailto:info@sportsesteem.com).

**More Information Available at [www.sportsesteem.com](http://www.sportsesteem.com)**