The Parent Tournament Concern-to-Duty Sheet

Carry the parent's responsibility without handing worry to the athlete.

Name the concern, do the duty that is yours, and keep hoped-for results separate from support and prayer.

Example: a parent worries about an unfamiliar venue. They verify the official arrival location, save the approved contact, prepare a steady support sentence, and leave predictions about the result out of the child's breakfast conversation.

01 Name the concern

Keep anticipation distinct from a serious support issue.

Specific ordinary worry

Outcome I hope for

Concern needing qualified support

Adult contact for a serious concern

02 Identify the duty

Act on what belongs to the parent.

Practical parent responsibility

Official information still needed

Verified source or contact

Outcome outside parent control

The Parent Tournament Concern-to-Duty Sheet / Review & follow-through

03 Prepare the words

Keep support and prayer truthful.

Steady sentence for my child

Question to hear the child's concern

Prayer about my responsibility

Pressure-filled words to replace

04 Review the day

Choose a parent-side correction.

Duty actually completed

Support response actually given

Unnecessary checking or pressure

One adjustment for next event