



PANATHLON INTERNATIONAL

LUDIS IUNGIT

Charter of the Duties of Parents in Sport

- 1 It is up to my children to choose their favourite sports entirely on their own, without being constrained in any way by me.
- 2 It is my duty to make sure that the sports they practise are functional to their upbringing and psychophysical development, harmonising the time they devote to sports with their school obligations and with a serene family life.
- 3 With the exception of standard physical education, I will avoid any strenuous competitive sports activities for my children until they reach the age of 14, favouring fun and recreational sports.
- 4 I will follow them unobtrusively, with their consent, if this is necessary to help them enjoy a balanced relationship with sport.
- 5 I will not ask my children's coaches for anything that is not useful for their growth and not commensurate with their merits and their potential.
- 6 I will tell my children that, in order to be good sportsmen and women and feel happy in life, it is not necessary to become champions.
- 7 I will remind them that defeats, too, help them grow because they serve the purpose of making them become wiser.
- 8 I will point out to them the values of Panathlon as an ethical foundation for facing up to proper sports experience.
- 9 On their return home, I will not ask them whether they have won or lost but rather whether they feel rewarded. I will not ask how many goals they scored or how many were scored against them, or how many records they have beaten, but whether they enjoyed themselves.
- 10 I want to see my reflection in their eyes every day and find the smile of my own youth.

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