



# Rototeller - Rotary Club of Forest Grove

FGRotary.org

## Club Leaders

### Claudia Yakos

President

### Tom Raabe

President-Elect

### Julia Kollar

Executive Secretary

### Ken S. Cunningham

Treasurer

### Alex Doyle

Membership Chair

### Blake Timm

Vice President, Program Chair

### Jeannine Murrell

Past President

### Todd Kelley

Rotary Foundation Chair

## Duties

## Program

February 22 Manny

Berman - Tuality

Healthcare

March 1 Chris Rolling -  
Water for Haiti

March 8 Remembering

George Horner

March 15 Crab Feed

## Rototeller Article

February 22 Doug  
Thompson

March 1 Rob Foster

March 8 Lucas Welliver

March 15 Crab Feed

## Greeting Partners

February 22 Todd Kelley  
& Richard Kidd

March 1 Julia Kollar &

Kevin Kuntz

March 8 Lori Larson &

Alma Lozano

March Crab Feed

## Raffle Prize

February 22 Paul Minor

March 1 Marykay Morelli

March 8 Dan Mueller

March 15 Crab Feed

## We Are Meeting At Pacific University This Week!

February 22, 2017

### Doug Thompson

I have had the opportunity to listen to Bruce Brown speak several times at our Oregon Athletic Director Conference. Bruce is the Director of ProActive Coaching and is the NIAAA Special Presenter of the Champions of Character initiative. He has coached from the youth level to the collegiate level.

Mr. Brown has one presentation that I feel is extremely valuable in regards to the role of parents in Athletics. He always begins his presentations letting the audience know that he is here to represent kids and the things kids would like to tell us about their experience in sports, but probably won't.

According to Bruce, there are **three times** where we can help our child's performance and create great memories:

1. Before the game
2. During the game
3. After the game

### Before the first game

Ask yourself the following questions:

- Why do I want my child to play this sport?
- What goals do I have for him/her?
- If there are roles, what role do I want them to play?
- How will I decide if it's a successful season?

Then ask your child the same questions:

- Why are you playing?
- What goals do you have?
- What do you think your role will be on the team?
- What is a successful season?

If your child's answers are the same as yours, then great, support your child. If your child's answers differ from yours, then **drop your goals and accept theirs.**

He shared that 75% of kids are out of organized sports by age 13, which stresses that we need parents, as early as possible to do what they can to provide a healthy atmosphere for the child's growth through athletics.

Bruce also made the point that it is important that kids have a passion. Sports are just one "flavor" of passion. Others might be Frisbee golf, dance, band, choir, etc. - and these same lessons apply in those arenas.

The next step is for the parent to "release" your son or daughter to the game and to the coach. "This is your activity, not mine." Bruce made the point that sports (and other passions) is one of the only areas where parents today can safely "release" their kids. You can't release them to their friends, to culture (e.g. movies), to academics. Athletics however, is a great venue for risk-taking. You don't want them to take risks with substances, sex, driving... but allow them to take risks in sports.

Here are the red flags that indicate that you haven't "released" your child:

- You continue to share in the credit when things go well. "We won." No, they

## Meeting Place

February 22 MPR Pacific University  
 March 1 MPR Pacific University  
 March 8 MPR Pacific University  
 March 15 Forest Grove Senior & Community Center

## Events

### Concours Board Meeting

March 8, 2017

### Rotary Crab Feed

March 15, 2017

### Rotary Board Meeting

March 16, 2017

### Rotary Spring Social

May 12, 2017

### Rotary Steak Feed

June 9, 2017

### Forest Grove Concours d'Elegance

July 16, 2017

## Board Members

### Director 2014 - 2017

Howard Sullivan

### Director 2014 - 2017

Jeff Duyck

### Director 2014 - 2017

Geoff Faris

### Director 2015 - 2018

Lucas Welliver

### Director 2015 - 2018

Samantha Swindler

### Director 2015 - 2018

Stan Reasoner

### Director 2016 - 2019

Pete Van Dyke

### Director 2016 - 2019

Lorrie Hutchins

### Director 2016 - 2019

Tim Pearson

### Community Outreach Chair

Mike Hundley

### Fund Raising Treasurer

Jim Crisp

### Club Services Group Chair

Geoff Faris

### New Generations Chair

Jeannine Murrell

won.

- You find yourself trying to resolve all the problems that will inevitably come up during a season. Most of these problems will be relationship problems.
- You catch yourself yelling at an official during the game.
- You try to continue to coach them when they know more about the sport than you do (about 9th grade).
- They try to avoid you after the game or they're embarrassed by your involvement.

## During the game according to Bruce:

**Be there.** However, if you've been to every practice and game since they were four, you haven't released them to the sport. **Model appropriate behavior.**

What would it look like if we videotaped you watching your child compete? If your student is shooting the game winning foul shots under pressure, we must model the same. **One instructional voice.** This needs to be the voice of the coach.. **Focus on the team,** not on your little darling. **Choose one role.** There are four roles - player, coach, spectator and official. Everyone gets to choose one.

## After the game

When kids are asked about bad memories from athletics, the most consistent answer is **the car ride home with mom and/or dad after the game (mostly with dad).** Here's how to make that car ride home a positive:

- **Save your analysis.** Don't analyze their play, the officials, their teammates, the coaching, the conditions, etc.
- **Give your athlete time and space.** Kids need time and space to recover. Some need an hour, others a week.
- **Be a confidence builder** and not a confidence cutter. What can you say? Things like
  - **I love watching you play.**
  - I love watching you be part of a team.
  - I love how you're such a great encourager of your teammates.

My fondest memories of competing and playing sports were after the game when I would get to see Grandma Davis. It did not matter the score or how I played...I always got the biggest hug and she always loved how hard I played. I would always hear the same words...."I love watching you play."

## Number of Wild Poliovirus Cases Globally as of February 15, 2017

New Cases Last 7 Days	0
YTD - 2017	1
YTD - 2016	37
Total - 2015	74
Total - 2014	359
Total - 2013	416
Total - 2012	223
Total - 2011	650
Total - 2010	1,352
Total - 2009	1,604
Total - 2008	1,651

Source: <http://polioeradication.org/polio-today/polio-now/this-week/>