

Rodeo P.C.C.A. CONTRACT Step 1

Parent. Coach. Child. Athlete.

At RodeoKids.com we know that rodeo family relationships can be a little different. Traditional sports teams have coaches for their athletes, structured practices take place in gyms, on field, etc. Rodeo families have their practice facility in the backyard, the coaches are the parents and the athletes are their children. We created this contract to create clarity, understanding and teamwork for all parties involved!

Step 1: Rodeo Athlete Goal Setting

“Goal setting is the first step in turning the invisible into visible.”

-Tony Robbins

These are my goals this year:

- _____

- _____

- _____

I want to accomplish these goals because:

- _____

Who do I need to BE to support myself in accomplishing these goals? (I need to be willing, open minded, helpful, understanding, firm, organized, disciplined etc.)

- _____

I will need the following support to accomplish my goals? (people, animals, equipment)

- _____

RESPONSIBILITY FOR YOUR GOALS

*“Some people want it to happen, some people wish it would happen, other make it happen.”
- Michael Jordan*

What are YOU responsible for in achieving your goals? A huge part of responsibility is also holding yourself accountable when you don't follow through. Remember these are YOUR goals. It's up to YOU to make them happen!

When filling out this section, Include how many times a week, how long, what days, etc. Get detailed!

BARN/TRAILER CHORES: feeding, cleaning, organizing, etc.

- I am responsible for: _____

- I request my parents support me by: _____

- If I don't get it done, the consequences will be: _____

HOUSE CHORES: clean room, dishes, trash, etc.

- I am responsible for: _____

- I request my parents support me by: _____

- If I don't get it done, the consequences will be: _____

HOMEWORK/SCHOOLWORK:

- I am responsible for: _____

- I request my parents support me by: _____

- If I don't get it done, the consequences will be: _____

HORSES: exercising, washing, cleaning feet, grooming, supplements, purchases, etc.

- I am responsible for: _____

- I request my parents/coaches support me by: _____

- If I don't get it done, the consequences will be: _____

EQUIPMENT: purchases, care and maintenance, chutes greased, dummy hooked up, barrels or poles set up, stakes in the ground, etc.

- I am responsible for: _____

- I request my parents/coaches support me by: _____

- If I don't get it done, the consequences will be: _____

PRACTICE PREPARATION: saddled horses, homework done, being dressed, livestock caught/loaded, phone left in the barn, etc.

- I am responsible for: _____

- I request my parents/coaches support me by: _____

- If I don't get it done, the consequences will be: _____

CONTINUING EDUCATION: clinics, lessons, watching videos, reading books, podcasts

- I am responsible for: _____

- I request my parents/coaches support me by: _____

- If I don't get it done, the consequences will be: _____

SUPPORT

*“You don’t go as far as your dream, you go as far as your TEAM!”
Dharius Daniels*

When I think of my parents supporting me as mom and dad in rodeo, not as coaches, the following things come to mind. (financially, words of affirmation, holding me accountable, reminding me of my goals, shoulder to cry on, etc.)

○ My parents can support me by: _____

○ I will show my appreciation to my parents by: _____

When I think of my parents as my COACHES during practice the following ways they can support me come to mind: (asking questions, running the chute, opening gates)

○ My parents can support me as COACHES during practice by: _____

○ I will show my appreciation to my coaches by: _____

When I think of my parents as COACHES during competition, the following things come to mind:

● My coaches can support me during competition by: _____

○ I will show my appreciation to my coaches by: _____

Additional notes: _____

CONSTRUCTIVE COACHING

“Constructive critiquing is trusting ourselves and the advice of others who we trust to let us know where we are holding back, making mistakes and playing small. To level up, we must listen openly to constructive critiquing.” – Camarie Roorda

Constructive coaching in the practice pen:

- During practice, I will coach myself by: _____

- During practice, I request my coach(es) coach me by: _____

- I will accept constructive coaching during practice by: _____

Constructive coaching during and after competition:

- When it comes to competition, I will constructively coach my runs by: _____

- When it comes to competition, I request my coach(es) constructively coach my runs by: ____

- I will accept constructive coaching after competition by: _____

Additional notes: _____

FEEDBACK

“Feedback is the breakfast of Champions.” – Ken Blanchard

This section is designed to help us better understand each other in the practice pen, competition and life! These questions are based on years of navigating the family dynamic in the practice pen and finding ways that we can all communicate better. It's easy to forget that 99.9% of the time we ALL genuinely want to see each other improve and succeed, but if we aren't open and willing to receive feedback and make adjustments, tension, bad habits and patterns can form that don't serve anyone.

DISCLAIMER: WE ARE HUMAN. When doing this exercise, keep an open mind, be honest and let God lead you to better ways of communicating that serve everyone. Change is uncomfortable and making adjustments will take time. This exercise gives you a foundation to come back to.

Remember, feedback is neutral until we assign a meaning. Feedback is given through the history and experiences of the person giving the feedback. While it's important to read, analyze and digest, don't take it personally. Learn from what is meant to help you and let go of everything that doesn't. NOTE: Not all feedback has value either!

Things that frustrate, distract or discourage me in the practice pen are if:

Things that frustrate, distract or discourage me at home are if:

Things that frustrate, distract or discourage me at the rodeo are if:

I feel like we can make adjustments and improve in the practice pen by:

I feel we can make adjustments and improve at home by:

I feel like we can make adjustments and improve at the rodeo by:

I appreciate it when:

CELEBRATE THE WINS

“Success is a series of small wins.”

Celebrating the victories BIG & SMALL both verbally and physically with a simple physical motion and one word allows the whole family to celebrate together!

- We can celebrate the victories both big and small PHYSICALLY by: _____

- When we do this, I know it means: _____

- We can celebrate the victories both big and small VERBALLY by saying: _____

- When we say these things, I know it means: _____

Additional Notes: _____

Schedule a coaching call with RodeoKids.com for additional support!

www.calendly.com/cwidmer

Rodeo P.C.C.A. Contract Step 2

Parent. Coach. Child. Athlete.

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STEP 1: MOM & DAD'S TURN - GOAL SETTING

“Goal setting is the first step in turning the invisible into visible.” -Tony Robbins

What are your goals for your child?

- _____

- _____

- _____

Why do you want them to accomplish these goals? For you, for them, for short term, long term? How does God's plan and purpose play a role?

- _____

Who do you get to be to support them in accomplishing these goals? (kind, firm, patient, etc.)

- _____

How can you support them in accomplishing these goals?

- _____

GOAL SUPPORT

“Some people want it to happen, some people wish it would happen, others make it happen.”

- Michael Jordan

BARN/TRAILER CHORES: feeding, cleaning, organizing, etc.

- As parents, we expect: _____

- As parents, we will support you by: _____

- If we don't hold up our end of the deal or communicate a plan, the consequences will be: _____

HOUSE CHORES: clean room, dishes, trash, etc.

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

HOMEWORK/SCHOOLWORK:

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

HORSES: exercising, washing, cleaning feet, grooming, supplements, purchases, etc.

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

EQUIPMENT: purchases, care and maintenance, chutes greased, arena set up, ground ready...

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

PRACTICE PREPARATION: saddled horses, homework done, being dressed, livestock caught/loaded, phone left in the barn, etc.

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

CONTINUING EDUCATION: lessons, clinics, watching videos, reading books, podcasts...

- As parents, we expect: _____

- As parents, we will support you by: _____

- The consequences will be: _____

Additional notes: _____

SUPPORT

“You don’t go as far as your dream, you go as far as your TEAM!” - Dharius Daniels

AS PARENTS, WE WILL SUPPORT YOU IN ACHIEVING YOUR GOALS:

- Financially by: _____

- Verbally: _____

- Physically: _____

AS COACHES DURING PRACTICE, WE WILL SUPPORT YOU BY: actions & words that will support them in practice. Example: running the chute, breaking down videos, asking problem solving questions and listening before offering advice, trusting other people, etc.

- Physically: _____

- Verbally: _____

AS COACHES DURING COMPETITION, WE WILL SUPPORT YOU BY? (Asking questions about your game plan, offering suggestions only when you ask, staying in the stands, trusting you and/or the person you’ve been getting lessons from, pushing calves, etc.)

- Physically: _____

- Verbally: _____

Additional notes: _____

CONSTRUCTIVE COACHING

“Constructive critiquing is trusting ourselves and those we appreciate to let us know where we are holding back, making mistakes and playing small. To level up, we must listen openly to constructive critiquing.” – Camarie Roorda

CONSTRUCTIVE COACHING DURING PRACTICE: Watching videos, giving feedback, encouragement, demonstrating, asking someone else, etc.

- During practice, we will constructively coach you by: _____

- During practice, we request you constructively coach your runs by: _____

CONSTRUCTIVE COACHING AFTER COMPETITION:

- After competing, we will constructively coach your runs by: _____

- After competing, we request you constructively coach your runs by: _____

FEEDBACK

"Feedback is the breakfast of Champions." – Ken Blanchard

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DISCLAIMER: WE ARE HUMAN. When doing this exercise, keep an open mind, be honest and let God led you to better ways of communicating that serve everyone. Change is uncomfortable and adjusting will take time. We will all make mistakes and need to regroup. This exercise gives you a foundation to come back to.

Things that frustrate, distract or discourage me in the practice pen are:

Things that frustrate, distract or discourage me at home are:

Things that frustrate, distract or discourage me at the rodeo are:

I feel we can adjust and improve in the practice pen by:

I feel we can adjust and improve at home by:

I feel we can adjust and improve at the rodeo by:

It makes me proud when:

Rodeo P.C.C.A. CONTRACT Step 3

Parent. Coach. Child. Athlete.

At RodeoKids.com we know that rodeo family relationships can be a challenging. Most sports teams have trained coaches for their athletes, structured practices take place in gyms, on fields, etc. Rodeo families have their practice facility in the backyard, the coaches are the parents and the athletes are their children. RodeoKids.com created the P.C.C.A. contract to provide clarity, understanding and teamwork for all parties involved!



Step 3: The Contract

Child/Athlete

1) I _____, want to achieve the following goals _____

2) I am committed to being responsible at home for: _____

a. If I don't complete my commitments, the consequences I will pay are:

3) I am committed to being responsible for my chores and livestock by: _____

a. If I don't complete my commitments, the consequences I will pay are:

4) I am committed to being responsible in the practice pen for: _____

a. If I don't complete my commitments, the consequences I will pay are:

5) I am committed to being responsible for my studies by: _____

a. If I don't complete my commitments, the consequences I will pay are:

6) I am committed to financially helping out with the expenses associated with chasing MY goals and dreams by: _____

a. If I don't complete my commitments, the consequences I will pay are:

7) I commit to constructively critiquing myself by: _____

a. If I don't complete my commitments, the consequences I will pay are:

8) I'm committed to the following when my coaches constructively critique: _____

a. If I don't complete my commitments, the consequences I will pay are:

9) I am committed to showing my appreciation and gratitude by: _____

a. If I don't complete my commitments, the consequences I will pay are:

10) I agree to accept and give constructive coaching and feedback to better my performance, character and how I show up for my family, animals, friends, life and God.

11) I agree to have a good attitude and appreciate the opportunities my parents and God provide for me.

Parents/Coaches:

We, _____, and _____, are committed to supporting _____ in achieving his/her goals as stated in Article 1.

12) As parents, we agree that our child is responsible for the commitments listed in articles 2 through 9.

13) We agree to support our child by holding him/her accountable with statements made in article 2a, 3a and 4a.

14) We agree to support _____ by constructively critique with the statements made in articles 6 and 7.

a. We agree to be (supportive, open, quiet, calm, helpful, direct, etc.) by:

b. We agree to give _____ neutral feedback to support him or her in getting to the next level.

15) We agree to financially support _____ by: _____

16) We agree to be parents outside of the arena and coaches in the arena. We agree not to discuss household or school related topics or issues until _____ minutes before or after practice sessions or competition.

17) We agree to accept and give constructive critique with open minds and hearts.

18) We agree to revisit disagreements and disappointments 24 hours after they take place to discuss agreements, improvements and changes as needed.

19) We agree to celebrate both physically and verbally with the actions and words stated in articles 8.

20) We agree on the meanings of celebration stated in article 9.

21) We agree on the additional articles or amendments.

We agree to work together as a family and team to support our child in achieving his or her goal by. We agree on all the statements above.

Signed: _____ Date: _____

Signed: _____ Date: _____

Signed: _____ Date: _____

Additional Articles or Amendments:

22) _____

23) _____

24) _____

25) _____

26) _____

27) _____

28) _____

For additional support, schedule a coaching call with RodeoKids.com/coachingcalls