

Sample letter to instill positive values and build self-esteem

A letter like the one below can be used during or after a semester, a program, a sporting season, a dance recital, a musical performance, a youth faith group event, a babysitting evening, for your own kids...you get the idea, right? This is important for all children and youth, but can change the life of someone who is struggling. Also, why not give it a try with a colleague? There is a lot of power in the written word.

The letter can be addressed to the child/youth, or to a parent/guardian/caregiver. Below is an actual letter (with names and details changed). **Every kid on the team got one that was this long, this meaningful and used the same format.**

Dear Ben,

Congratulations on a very successful first year of AA hockey. **When I think about the year you had** and the player you have become in the last seven months, I find it hard to believe you played A last season. You have gone from a timid, oversized A player to a dominating AA star and it has been fun to watch.

Thinking back on your year, there are a couple of highlights for me. The first happened at the Markham tournament in a game against the Toros. You scored a goal where you went through their whole team, including the goalie. You were totally dominant on the play and looked like Rick Nash. To me it was the best goal of the year.

Another moment was our team's big win against Burlington in January. That night was when we challenged you to step up and go out to dominate this team. That night you did. From the moment the puck dropped you were the best player on the ice. You played with fire, intensity and tons of confidence.

For me though, **the best moment** was at the SCTAs. You were one of the players on our team who peaked at just the right moment. You were intense, focused and confident in your play.

Off the ice Ben, you were a pleasure to be around. You are a great kid, with a great sense of humor. It was also nice to see how you care about your teammates when they are down...and you pick them back up again. I loved coaching you this year. Thanks for making my first year of coaching so easy and enjoyable.

Congratulations on your progress this season. I really believe that you made some big strides in all areas of your game. **When you come back next year**, bring the confidence that you have gained this year. Recognize that you are an amazing hockey player and come to the rink every night willing to be even greater. With your combination of smarts, work ethic and intensity, I'm sure you will have another amazing year.

Have a great summer and safe summer. Looking forward to seeing you at the rink this fall.

All the best,
Coach Mark