



Fatherhood and basketball have a lot in common - both require dedication, perseverance, and a willingness to push yourself to be better every day.

Kenneth Braswell, CEO of Fathers Incorporated

# Join Our Team

Where Fatherhood is Brotherhood

## About Gentle Warriors Academy

Gentle Warriors Academy is a project of Fathers Incorporated that is dedicated to empowering fathers and families by providing a wide variety of programs designed to strengthen families through the development of responsible fatherhood, co-parenting, and life skills.

The academy's mission is to help fathers become positive role models for their children, improve their relationships with their partners and co-parents, and build the skills and knowledge necessary to succeed in all aspects of their lives.



Sign up today at [www.gentlewarriorsacademy.com](http://www.gentlewarriorsacademy.com) or call 770.804.9800

## Fatherhood Basketball Tips

- **LEARN THE FUNDAMENTALS:** Just like in basketball, it's important to learn the fundamentals of fatherhood. Educate yourself on parenting strategies, child development, and effective communication techniques.
- **BE A TEAM PLAYER:** Being a father means being part of a team. Work with your partner to create a supportive and nurturing environment for your child.
- **PRACTICE PATIENCE:** Just like in basketball, sometimes you need to wait for the right opportunity to make a move. Be patient with your child and don't rush their development.
- **BE A COACH AND A CHEERLEADER:** As a father, you are both a coach and a cheerleader for your child. Provide guidance and encouragement, but also celebrate their successes and support them through their failures.
- **BUILD A STRONG DEFENSE:** Protect your child from harm, both physically and emotionally. Be aware of potential dangers and take steps to keep your child safe.
- **KEEP YOUR EYE ON THE BALL:** Stay focused on your child's needs and priorities. Don't let distractions or other responsibilities get in the way of your parenting duties.
- **PRACTICE GOOD SPORTSMANSHIP:** Teach your child the value of sportsmanship and respect for others. Model these behaviors in your own interactions with others.
- **TAKE TIMEOUTS WHEN NEEDED:** Sometimes, you and your child may need a break from each other. Take timeouts when needed to regroup and refocus.
- **PRACTICE GOOD COMMUNICATION:** Just like in basketball, effective communication is key in fatherhood. Be open and honest with your child, and encourage them to express themselves as well.
- **HAVE FUN:** Basketball is a game, and so is fatherhood. Enjoy the journey and have fun with your child along the way.

Just as a great coach mentors and guides his players, a great father mentors and guides his children. In both basketball and fatherhood, the most important thing is to be there for your team and your family, no matter what.

Javin Foreman, Director, Gentle Warriors Academy

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