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It has been found that students who perform well in sports often fails to give attention in studies. Many students find it tough to maintain a balance between sports and academics. However, maintaining this balance is not unfeasible. For instance, there are many popular sports persons who have achieved excel in both the field. Here, the question arises how they manage to make a balance? Properly managing the time and showing complete dedication is the key to success. In this competitive world, good education gives surety for the future and therefore formal education is so important. Thus, children must give equal importance to sports and academics.

Playing sports is one of the favorite activities among most of them. Apart from being a fun activity, sports offer several health benefits, thus contributing to one's physical and mental well-being. Sports play a vital role in the enhancement of one's personality by being a source of exercise and entertainment. Parents should motivate their kids to practice time management.

It is all about prioritizing the thing and managing the tasks. Students who excel in sports have difficulty in ranking well in their academics, so here the process of time management work. It ensures that each student spend their every minute fruitfully. Students who are more involve into the sports, generally miss the classes and do not get adequate time to prepare for their exams. However, if learn the skills to organize their day then there will be less fear during the exam time. Here are a few effective tips to practice time management.

1. Make a daily timetable of the things to be done during the day and ensure that you stick to it.

2. Segment each day properly by allotting time to each activity from practice to time for homework.

3. To effectively follow the set timetable, the student must be ready to compromise on some fun things or activities. All young achievers have sacrificed a lot to make it to the top. The love for sports may not allow a young athlete to enjoy parties or eat junk food like his/her friends, but sacrificing on these little things is the key to success.

For success in both the field, child needs parentâ€™s support which cannot be overlooked. Parents have to play many roles like a motivator, a caretaker and a helper. Children would not be able to manage their studies unless they donâ€™t get support from their parents. For sports minded kids also parentâ€™s guidance hold immense value. When the parents donâ€™t support their child, they feel dishearten.

Therefore the best way is that parents should encourage their child to play sports and at the same time they should make certain that their concentrate on the school work too. Parents can add their contribution by helping their kids in their assignments and homework's. Striking a balance between academics and sports may be bit tough, but not unfeasible. Provide that you should have excellent time management skills, a burning desire to work hard and crave for success.

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