

Homeschooling & Sports

Yes, you can. Yes, you should.

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5 Reasons Sports Matter for Your Homeschooled Child

1. **Sports build real-world resilience.** Losing, pushing through hard practices, bouncing back from setbacks, and overcoming obstacles. These experiences build the kind of character that can't always be taught at the kitchen table.
2. **Your child needs instruction from non-family adults.** A coach, a referee, a trainer, etc. Anyone who expects effort and respect regardless of mood (within reason). Learning to receive correction from outside the family is a developmental milestone worth pursuing on purpose. The right coach can also be a powerful mentor.
3. **Teams answer the socialization question.** In a very real, not curated and not always comfortable way. Unscripted, pressure-tested peer relationships with kids they didn't choose, working toward a shared goal can have a big impact. That's where real social skills are forged and it also teaches a valuable life skill, teamwork.
4. **Sports add structure, rhythm, and third-party accountability.** Practice schedules and game days create anchor points in your flexible homeschool week. When the coach expects them at 4pm, it's not you they're answering to and that's not flexible. Accountability is important.
5. **Your child needs an identity beyond the family.** A sport gives your child a community to belong to, a story to tell, and a track record that will matter when college and career conversations start. The trials and triumphs, setting and achieving goals, all help shape character and teach powerful life lessons. Lessons from sports can be great topics for college entrance essays.

5 Things to do This Week

1. **Sign up for something competitive.** Rec league, martial arts, swim team, etc. It doesn't have to be varsity. Just get them in the game (or activity).
2. **Find a non-parent coach or instructor.** Start building that relationship with a trusted adult authority figure now, even with young kids. Emphasis on trusted.
3. **When conflict comes, give advice, but step back (if safe).** Let your child work through team or coach conflict themselves. That process is important as long as the conflict is not major and your child's well being is not at stake.
4. **Build your school week around your sports schedule.** Use practice days and game days as anchors. Flexibility works better with structure underneath it.
5. **Start an activity log today.** Write down activities, dates, roles, and achievements. By high school, you'll have a real extracurricular record without scrambling to remember it.

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More details about homeschooling and sports

- Arkansas Schools - homeschoolers may do public sports in all districts (7th and up)
- Texas Schools - district by district, New Boston (TX) is a yes
- Trinity Christian School (Texarkana) - allows homeschoolers to do sports (fees)
- Trinity Christian School (Atlanta) - allows homeschoolers to do sports (fees)
- Champions Christian Academy (Atlanta) - has sports for homeschoolers
- Homeschool Tennis Group (Texarkana) - contact Jessica Altenbaumer (lesson fees)
- ATAC Swim Team - homeschoolers welcome - contact Susan Likins (fees)
- Homeschool Volleyball Team (Texarkana) - contact JodyKay Combs
- Silvermoon Children's Theatre - summer camps for all & mainstage shows
- There are many dance and gymnastics studios open to homeschoolers
- There are multiple martial arts studios that offer classes for kids, including homeschoolers
- Texarkana has multiple USAA track clubs that are open to all kids (search on Facebook)
- Other things to consider: FFA, rodeo, trap shooting, archery, bowling, running, triathlon, trail running, cycling, mountain biking, and so many more if you get creative and think outside the box.



There are more sports listed in this blog post,
called the Texarkana Homeschool Guide.

Resources and next steps

Thank you for coming today! I'm Nichole, homeschooling Mom to 2. We've walked this path from the beginning of their education, and my children are now entering 10th grade and 7th grade. It's been the best adventure of our lives and it's an honor to share some of it with you today.

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If you need specific sports
recommendations, let's talk!

Free resources at my table today:

- Best field trips in the Four States area
- Information on Northstar Fellows (homeschool leadership and service honor society,
 - founding cohort launching fall 2026