

Keeping Your Home Life Growing

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Credentials

Expert spouse to Eric Fasbender, CSFM

- Met in university, dated 3 years
- Married for 11 years
- 2 children (4yrs, Peyton and 1yr, Parker)
- 3 different sports careers in 3 different states
Minor League Baseball, University of Oregon Athletics, LSU Athletics
- Moved across the country twice!!
- B.S. Chemistry (ISU) & M.S. Education (U of O)
- 6th year teaching chemistry

Overview

- Traits of a Sports Turf Spouse
- Stresses of a Sports Turf Spouse
- Communication
- Scheduling/Planning
- Intimacy

Traits of a Sports Turf Spouse

- Self advocate : can speak up
(doesn't bottle it inside)
- Strong willed: can take over command of the house while you are away
- Loves or at least appreciates sports!

What characteristics do you like...

- Goal oriented
- Has eyes only for me
- Puts family first
- Trustworthy
- Moral
- Confident
- Smart
- Sexy
- Honest
- Intelligent
- Attractive
- Outgoing
- Family oriented
- Dependable
- Affectionate
- Family Support
- Friend

Stresses of a Sports Turf Spouse

- Children
- Work
- Time Apart
- Friendship Drama
- Schedule Changes
- Lack of Communication
- Chores around the House
- Moving

Symptoms of Stress

- Short temper
- Fatigue
- Aching joints
- Agitation
- Depression
- Loss of sex drive
- Chest pain/increase heart rate
- Digestive problems
- Eating disorders
- Drug and alcohol use
- Nervous habits i.e. biting nails, pacing
- Acting out in violence

3 Keys to a happy Sports Turf home

- Communication
- Planning/scheduling
- Intimacy

Key #1: Communication

- Why Communicate?
- Ways to Communicate
 - Verbal
 - Non-Verbal
 - Written

Communication Ground Rules

- Open Communication
 - Free exchange of ideas and information
- Find Common Ground
- Discuss important life organization
 - Work, money, children, home
- Share important information about yourself
 - No skeletons in the closet!
- Maintain positive, realistic expectations
- Discuss Current Events
- Discuss your feelings regularly
 - How's your "Love Tank"?

Problem Solving Strategies

- Accept that 30% of problems are resolvable, 50-60% are modifiable and 10-20% need to be accepted and coped with.
- Gain perspective
- Tact and Good Manners are important
- Do not attack or defend
- Find common ground
- Do not go to bed angry!

Key # 2: Planning/Scheduling

Open Question:

Planning/Scheduling

- Proper Planning Prevents Poor Performances
- Create a Master Calendar
 - Combine sports schedule with personal life
- Know each others busy seasons and slow seasons
 - Help each other when times are tough
- Logistics
 - Adequate time/advance notice
 - Planning for Family Events
- Familiarity with work and staffing tree
 - Getting to know more about what happens at work
 - Easier to understand
 - Attending games/events

Roll With the Punches

- Rain delays/Hurricanes
- Coach adding practices/games
- 23-game home stands
- Spending holidays at work
- The grass never stops growing

Scheduling/Planning Solutions

- Communicate changes as soon as they occur
- Stay positive
- See it from our perspective
- Make “Thank You” and “Sorry” part of your vocabulary
- Help to coordinate logistics when possible
- Spend time together as much as possible during down time
- Talk, text, leave notes
- Remind us that it’s the job, and that it’s seasonal, there will be less busy times.
- Flowers and Jewelry always help!

Key #3 : Intimacy

- “If you put out, I’ll put out.”
- “A lady in the streets and a freak in the sheets.”

I need help around the house, the chores keep me busy, if you lend a hand to help around the house, I will be less tired and have more free time for some fun!

Laying the Groundwork

- Call, text and e-mail
- Invite us to your games, events and practices
- Spend time with us when you are home
- Let us adjust to your presence
- Rest and recover, but let us do the same!
- Do your part to keep the household running
- Say “I love you”
- Don’t be lazy! Successful relationships need to be managed and worked on.

Turn up the Heat

- Alone time
- Ambiance
- Dress to kill
- Try new things
- Tease
- Invest time

Summary

- Spouses, Sport's Turf Style
- Keeping it Growing
 - #1 Communication
 - #2 Planning/Scheduling
 - #3 Intimacy

Questions?