Supporting your child to succeed with League.

If you are reading this then your child is either already signed up to the championship or is interested in playing this year. This information sheet is intended to help you support your child as best as you can and to help you learn a little about League of Legends.

What is League of Legends?
League of Legends is a co-operative team game where five players work together to capture objectives and outsmart the opposing team trying to do the same.

League of Legends is developed by Riot Games. The characters are called ‘Champions’ and each of them is different. They all have different attacks and play styles.

Each team of five players (two teams total) has a base they need to defend, called the Nexus. The two bases on the play map are linked by three main paths called ‘lanes’. These lanes are guarded by towers called ‘turrets’ that shoot magic at the players as they get close. There are also bots (characters which are easier to defeat controlled by the game) that spawn to help you in your objective to defeat the opponent’s Nexus.

Success in League of Legends requires energetic teamwork, strategy and clear communication.

How can I best help my child throughout the championship and into the future with esports?
Talk to them about it. Support them exactly like you would if they were to take up a traditional sport you’ve never heard of. Learn about the game (youtube videos are a good start), share in their successes and defeats, provide them with the tools (physical and psychological) they need to succeed and most importantly encourage balance.

Balance is key to a healthy and happy life. Make sure they’re getting enough sleep. If they are playing multiple hours each night, talk to them about it. Are they engaging in active practice to achieve goals as a team or is it the same as sitting in front of the TV? This will help you to understand the purpose of their play and with that information can make a decision on whether it is too much or not. Are they eating well? Are they exercising enough? As parents and adults you understand the necessity of balance and it is vitally important for you to pass on this knowledge.