

## **PARENT'S ROLE WITH L-S ATHLETICS**

- Do everything possible to make the athletic experience positive for your child and others.
- View the game with team goals in mind.
- Attempt to relieve competitive pressure rather than increase it.
- Encourage multi-sport participation (vs specialization).
- Release your children to the coach and the team.
- Look upon opponents as friends involved in the same experience.
- Accept the judgment of the officials and coaches; remain in control.
- Accept the results of each game; do not make excuses.
- Demonstrate winning and losing with dignity.
- Dignify mistakes made by athletes who are giving their best effort and concentration.
- Be an encourager – encourage athletes to keep their perspective in both victory and defeat.
- Be a good listener.
- Accept the goals, roles, and achievements of your child.
- If you have a concern, make sure your child feels the same way. Ask your child to discuss the concern with the coaches. If there is still a problem, set up a meeting with the coaches and your child to try and solve the problem.
- Coaches and parents should be viewed as being on the same team – we are allies.
- After a game, parents should give their children space and time.
- After a game (win or lose), youngsters need a parent – not another coach/critic.
- Parents should be confidence builders by maintaining a consistent perspective and not saying or doing anything that will have their children feel like their self-worth is tied to playing time or outcome of a game.
- There are 4 roles in interscholastic athletics: player, coach, official, parent/spectator. Pick one role only.

Thank you and enjoy the season!