

# It's a game. Know the Rules!

- 1 - Make sure your child knows win or lose, that you love them, you appreciate their efforts and ***you are not disappointed in them.***
- 2 - Try your best to ***be completely honest*** about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
- 3 - ***Be helpful but don't "coach"*** on the way to the track, diamond or court.... on the way home... at breakfast... and so on.
- 4 - Teach them to ***enjoy the thrills of competition***, trying, working, improving their skills and attitudes... taking the physical bumps and coming back for more.
- 5 - Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. ***Don't pressure them because of your pride.***
- 6 - ***Don't compete with the coach.*** The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for a father or mother who has had some sports experience.
- 7 - ***Don't compare*** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
- 8 - You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a ***good influence*** on your child.
- 9 - Always remember that children tend to exaggerate both when praised and when criticized. ***Temper your reactions*** to their tales of woe or heroics they bring home.
- 10 - Make a point of ***understanding courage***, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
- 11 - Never approach a coach ***on game day*** to talk about your child, before, during or after a contest.

**A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules for Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.**

**Keep this in your car and read it before every game, do it for your child.**