

## **TIPS FOR BECOMING A GOOD YOUTH SPORTS PARENT**

- Always treat others (coaches, parents, officials and players) the same way you would want your child to be treated.
- Set the example by showing respect, dignity, and sportsmanship at all times. Make only positive, encouraging comments.
- Be responsible; Get your kids to practices and games on time. Make sure they have their uniform and sneakers and that they have had something to eat and drink. Let the coach know if your child will be missing a game or practice.
- Focus on fun and participation rather than winning and losing.
- Motivate through confidence by trying to identify a positive from every game and practice.
- Making mistakes is part of the learning process so don't criticize and try to avoid too much postgame analysis.
- Act your age; youth sports are for kids. If you find yourself becoming too emotionally involved, take a step back and relax. Remember that your childhood is over. Give the young players a chance to enjoy theirs.
- Be seen, not heard; nothing is better for a young player than having parents watch them play. However, nothing is worse for a player than to have a parent boo, taunt, or scream at officials, players or coaches.
- Respect the officials. Even if you don't agree with a call, accept it and move on. It's not your job to officiate the game.
- If you must talk to the coach, do it in private after the game or practice. Better yet, wait until the next day when the heat of the moment has passed. Never create a scene in front of the team.
- Get interested in your child's sport and learn the rules.
- Refrain from tobacco or alcohol use at all youth sports events.
- Participate in team activities and volunteer to help.