

# CODE OF CONDUCT FOR PARENTS

- \* Let the coaches do the coaching for all team members.
- \* Support the program: Volunteer to assist the team outside of coaching.
- \* Be your child's best fan: Positively support your child unconditionally. Acknowledge his or her effort, support of team members, following instruction from coaches, etc.
- \* Support and root for all team members: Foster teamwork.
- \* Do not bribe or offer incentives. Orient them to the enjoyment of participating and responsibility to the team.
- \* Encourage your child to talk to the coaches: If your child is having difficulties in practice or games or can't make a practice, encourage him or her to speak directly to the coaches.
- \* Understand and display appropriate game behavior (e.g., watch; make positive remarks; do not berate players, officials, or coaches): Remember, your child's self-esteem and game performance is at stake. Be supportive.
- \* Monitor your child's stress level at home: Keep an eye on the player to make sure you are helping your child effectively handle the stress from the various activities in life.
- \* Monitor eating and sleeping habits: Be sure your child is eating the proper foods and getting adequate rest.
- \* Help your child keep his or her priorities straight: Help your child maintain a balance among schoolwork, family responsibilities, chores, and free time.
- \* Keep sport in its proper perspective: Sport should be fun for you and your child. Highly skilled children and their parents must be especially careful to maintain a balanced view.
- \* If your child's performance produces strong emotions in you, maintain a calm demeanor. Your relationship with your child remains long after competitive sport days are over. Keep your goals and needs separate from your child's experience.
- \* Reality test: If your child has come off the field when their team has lost, but has played their best, help them to see this as a "win." Remind your child to focus on "process" and not only "results." Fun and satisfaction should be derived from "striving to win" and playing well and hard.
- \* Have fun.