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We also know that you usually accompany your child to sporting activities they perform, and that you would like to ensure they have a pleasant experience, get satisfaction from training and competitions, and get above average results, which can be transferred to other sports, activities, and professional endeavours.

We would like to remind you that your behaviour at games, and in general, guide and affect your child's performance in whatever sport or social activity they partake. It is important that parents are mindful of this and set a good example for their children, and enhance the positive effects associated with sporting activities (i.e. full and focused effort, fair play, team play, camaraderie, friendship, goal achievement, etc.). Negative behaviour by parents can create an unpleasant and harmful environment, and affect the players' and other parents' enjoyment of events (i.e. practices or games).

Parents are not alone in this responsibility; coaches, managers, referees, family, friends and fans also share that responsibility, and should be reminiscent of this. They should present themselves as good examples at

social and sporting activities.

Coaches, parents and athletes constitute the basic triangle of sporting activities, therefore it is imperative that proper and respectful relationships between these groups are established and maintained. Coaches are the principal and only instruction givers at practices and games. The role of parents, family, friends and spectators are to provide encouragement to the team and the players, as well as console them when they are saddened or depressed from a loss.

The objective of sport is to provide children with the necessary skills to partake in sport and other fitness and health-contributing activities; however, the skills acquired from sports will also help children become productive citizens in adulthood.

*It is important to remember that repetition is the mother of skills.

***"Champions do not become champion when they win the event, but rather in the hours, weeks, months, and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character." T. Alan Armstrong

WHAT PARENTS SHOULD DO TO HELP KIDS THAT PARTICIPATE IN A SPORTING ACTIVITY

- Be present at competitions in which they participate.
- Teach and encourage them to respect the rules of the sports and exhibit good sportsmanship.
- Set good examples through friendly and courteous relationships with the parents and caregivers of opponents.
- Always emphasize the positive attributes of sports and the life skills gained from participating.
- Always commend the progress that is achieved through diligent effort.
- Clap for all good plays and achievements, regardless of who performs them.
- Illustrate that the effort/hard work put toward sporting activities that brings about success will bring about excellent results in their academic lives/school work.
- Support and monitor your children in sporting activities but refrain from putting pressure on them.
- Remember that this is an activity of and for young people.
- Provide assistance to coaches and managers of the club in the resolution of problems related to the sporting activity in which your child is involved.
- Refrain from putting undue emphasis on the team's win/loss record; assist the children to take similar action. Focus on the positive attributes of the activity, learning new skills, teamwork, etc.

WHAT THE PARENTS SHOULD NOT DO WHEN THEIR CHILDREN PLAY IN A SPORT OR ACTIVITY

- Do not force children to participate in any sport or activity.
- Do not discuss calls or issues with referees or judges.
- Do not comment negatively and publicly on the behaviour of players, coaches, referees or other parents.
- Do not interfere in any way with the work, plans, or focus of coaches.
- Do not criticize the play or results of your child or any of the other children.
- Do not create exaggerated expectations about the future of your child as a future sports practitioner (i.e. university, professional, etc.).
- Do not give excessive praise as it can contribute to the vice of vanity.
- Do not ban attendance or participating in sport activities (practices or games) as a form of punishment for poor school results.