

NON-NEGOTIABLES AND GAME DAY TIPS FOR THE 21ST CENTURY SPORT PARENT



COACHES
OF EXCELLENCE

"CHANGING THE WORLD ONE PARENT AT A TIME"

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Game Day Tips for Parents

Do you consistently model the type of behavior you want your child to reproduce?

PRE-GAME TIPS & REMINDERS TO BE A PARENT OF EXCELLENCE™

1. **Understand Your Role** . . . There are only four types of people at a sporting event: the coaches, the players, the officials and the spectators. You cannot be all four, only one: be a great spectator.
2. **Pick the right seat** . . . Do not sit by people who will try to draw you into the negative parent/fan culture of sports. If you end up in a bad seat or section, simply move. There are no padlocks on your seat cushion.
3. **Let the Coaches coach** . . . Do not yell out instructions to your child during games or practices. This is the coach's job. Games are chaotic times for children trying to deal with fast-paced action while responding to opponents, teammates and coaches. Simply limit your comments during the game to encouraging your child and the players on both teams.
4. **Be a positive role model toward officials** . . . Mention good calls by the officials to others in the stands or on the sidelines. Start to create a climate where it's recognized this is about the kids, not just about winning.
5. **OBEY THE 24 HOUR RULE** . . . when dealing with a difficult Coach. Emotions are heightened during games and practices so it is important that as parents we remain calm and wait 24 hours before we enter into a conversation with a problem Coach. Apply the COE model: Go to the Coach one-on-one, if no results, then bring a spouse or colleague with you to the next talk. If no results still, go to athletic director or league president. Remember, "there is more hope for a fool than for someone who speaks in haste."

The Car Ride Rules™

“How to Speak to your Child Before, During and After Games”

Before the Game

- Speak Greatness™ into your Child
- Tell your child you are proud of him or her regardless of how well he or she plays
- Focus on their Attitude and Effort
- Tell your child to play hard and have fun. Remind him or her that it's okay to be nervous (“Nervous is normal”)
- Make a commitment to yourself to act appropriately no matter what others may do and read the Pregame Tip Sheet for a Parent of Excellence™

During the Game

- Understand your role, you are a fan... not a coach or an official
- Let the coaches coach. Avoid giving your child (or other players) advice during the game.
- Pick the “Right” Seat or surroundings for growth
- Use the “Put-up Game™” to encourage your child and his/her teammates.
- Cheer good plays & good efforts by both teams.
- Mention good calls by the officials to others.

- Remember to have fun! Enjoy the day.
- Practice Self-Control Routines...do not criticize officials, coaches or especially your child.

After the Game (Dairy Queen)

- Stick around for post-game with the team
- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.
- Utilize the “3 Put-Ups™ and a Wish” Philosophy if you want to give advice.
- Let your child tell you about the game (avoid giving your post-game analysis unless asked).
- Ask open-ended questions: What was the most/least enjoyable part of the game?” What did you learn from the game?”
- Tell your child again that you are proud of him or her! (especially if the game didn't go well)
- Go to Dairy Queen®!!! Practice “ice cream therapy” regardless of your child's performance and try to focus on the family and your relationship rather than the sporting event when talking.