

Tips for all parents from the Positive Coaching Alliance Seminar:

**Before the Game:**

1. Make a commitment to Honor the Game in action and language no matter what others may do.
2. Tell your child before each game that you are proud of her regardless of how well he or she plays.

**During the Game:**

1. Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (**this is advanced behavior!**)
4. Mention good calls by the official to other parents.
5. If an official makes a "bad" call against your team? Honor the Game—BE SILENT!
6. If another parent on your team yells at an official? Gently remind him/her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

**After the Game:**

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what she thought about the game and then LISTEN. Listening fills Emotional Tanks.
4. Tell your child again that you are proud of her, whether the team won or lost.

