

Game Day Tips for Parents

Helpful Gameday Tips...

Before the Game

- Tell your children you are proud of them regardless of how well they play.
- Tell them to play hard and have fun and remind them that “nervous is normal.”
- Commit to Honoring the Game no matter what others do.

During the Game

- Let the coaches coach. Avoid instructing your child (or other players).
- Fill your child’s (and teammates’) Emotional Tanks.
- Cheer good plays and good efforts by both teams.

After the Game

- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.
- Remind your child that you are proud of him or her – especially if the game didn’t go well!