

## ROOTS

### Rules

Positive Sport Parents refuse to bend or break the rules, even if you think you can get away with it.

### Opponents

Recognize that a worthy opponent brings out our best and take a “fierce-yet-friendly” attitude into competition. Teach your children that when a whistle blows, help downed opponents to their feet. After games, win or lose, shake their hands, look them in the eye and congratulate them on a game well-played. And consider emulating the principle yourself by shaking the hands of the parents of the opposing players. Talk about setting a great example for your kids!

### Officials

Respect officials even when you disagree with them. It’s tempting to join the chorus of criticism for the officials, but stop and think: what good can really come from this. You may not realize it, but your kids have a special ear for your yelling in the stands and in some cases can find themselves humiliated or embarrassed by your yelling. And remind yourself: officials are people too, trying to do the best they can.

### Teammates

When you talk to your kids about ROOTS, teach them that they should never do anything to embarrass your team (on or off the field). Do what we can to lift teammates up and help them reach their potential. Being a good teammate means also being a good person.

### Self

Live up to your own standards of Honoring the Game, even when others don’t. If the opposing players, coaches or parents act out or somehow disrespect the game, remind your athlete that they still must not.