



POSITIVE ATHLETIC PARENTING

Trustworthiness, respect, responsibility, fairness, caring, and good citizenship are the six foundational principles of sportsmanship that focus on ethics and character building. Competition reaches its highest level only when these “six pillars of character” are observed and modeled. Coaches and parents are asked to practice the following positive athletic parenting guidelines to help our student athletes become models of good sportsmanship.

1. **Be Realistic:** Know the limitations of your son or daughter and be thankful for their unique set of abilities, both mental and physical.
2. **Motivate with a Positive Attitude:** Don't motivate negatively. Don't offer excuses for shortcoming or make unfavorable comparisons with others.
3. **Model Respect:** Respect other players and parents, regardless of their actions. Disrespectful words and actions can and will destroy a team, as well as hurt other players and parents.
4. **Support the Coach:** Coaches are human and they make mistakes. Don't continually second guess them, even though you may disagree with their judgment calls. Make sure to positively support the coach's rules, philosophy, and system.
5. **Emphasize Total Commitment to the Program:** Teach and stress discipline, attitude, respect, and teamwork, as these virtues will affect choices throughout their lifetime.
6. **Stress Academics before Athletics:** Insist on good study habits and strong academic performance. Brains will carry your child further than their legs.
7. **Be a Good Role Model:** Encourage your child's love of the game or activity, and support whatever role your child chooses or is assigned.
8. **Monitor your Child's Social Activities:** Help and encourage your child to choose friends that bring them up rather than put them down. Helping your child to make the right social and spiritual choices now will be invaluable to them in their lives now and later.
9. **Encourage Good Decision-Making and Leadership:** Good decision-making and leadership is a direct result of attention being paid to the first eight positive parenting tips. Children develop their self-esteem, respect themselves and others, and develop high expectations for their own behavior and performance when their parents and coaches model similar behavior.