

Fox Meadow Middle School and Harrison School District Two

The success of our program requires a total commitment from the staff, students, and parents. Cooperation, loyalty, and dedication are essential characteristics of everyone involved to insure success for the total program.

**Tips for Parents with Athletic Children:**

We are extremely aware that the success of your student comes from the support given at home. We appreciate your efforts and want to stress that your child's involvement in athletics will require commitment, adjustment, and sacrifice from everyone in the family. The following are suggestions that might assist you in your role as a parent of athletic children and are endorsed by Colorado Athletic Directors' Association

1. Make sure your son and/or daughter knows that whether they win or lose, you love them, appreciate their efforts, and are not disappointed in them. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capabilities, his or her competitive attitude, and his or her actual skill level.
3. Be helpful, but don't over coach them. It is tough not to, but it is a lot tougher for your child to be overwhelmed with advice, pep talks, and often critical instruction.
4. Teach your student to enjoy the thrill of competition, "out there trying", to be working to improve skills and attitudes. Help them to develop the feel for competing, for trying their best, and for having fun.
5. Try not to relive your athletic life through your child in a way that creates pressure.
6. It is tough enough to be a parent, so don't compete with the coach. Please don't degrade the coach in your child's presence, as this only sends a negative message that the coach is not to be respected, listened to or followed.
7. When speaking with your student, don't compare the skill, courage, or attitudes of your child with other members of the team.
8. Attend parent-coaches gatherings so that you can become acquainted with the coach and help understand his/her philosophies and expectations.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions and investigate before overreacting. Always contact the coach directly when you first have questions or concerns. Please call or make an appointment to talk to the coach. After a game is not the best time to talk to a coach. Do not contact a building or district administrator before speaking with the coach. **Please be advised that the school administration is not obligated to discuss playing time or other coaching decisions with parents!!**
10. Please refrain from talking to your athlete on the sidelines. We want the athletes attentive to the game so they may learn and cheer on their teammates. Exceptions would be a family emergency or handing them a bottle of water quickly.
11. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of a parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your child says, "My parent really helped, I am lucky."

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Please sign below acknowledging that you have read the above tips and agree to abide by them throughout the \_\_\_\_\_ season.

Parent/ Guardian Signature: \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_