

Sabine Athletics  
5 Toxic Behaviors to Avoid



Parents/Guardians,

Part of our program DNA is designed on the principle of WE/US. This means that coaches, athletes, parents, and all stakeholders work together to create the best experience for all of our kids in Sabine ISD athletics. Once we establish the best interest of our kids is on the minds of everyone, it can help change the pattern of hard feelings and hurt that is often accompanied with a parent/coach/player relationship. Below are 5 common toxic behaviors to avoid by parents, and solutions to make sure we avoid these behaviors.

1. Blame-shifting and excuse making
  - a. Inability to take personal responsibility for failures or problems
  - b. "Coach just isn't using his/her talents".- Uncle Rico
  - c. "The coach, the refs, your teammates cost us the game"

**SOLUTIONS: Control what you can control, and teach your kids the same.**

2. Constant Negativity
  - a. Always seeing the negative in every situation.
  - b. Never give praise where praise is due. Discontent.
  - c. Being an energy vampire through your words and body language.

**SOLUTIONS: Embrace the challenge of turning a negative into a positive. Acknowledge good when you see it. The best thing to say after a game is, "I love watching you compete/support your team."**

3. Taking Everything Personally
  - a. "Coach doesn't like you"
  - b. "Coach plays favorites or politics"

**SOLUTIONS: See the big picture; we have to do what is best for the team. Whether you agree or disagree, it is never personal. Some of my favorite kids in the past sat on the bench and some of my least favorite kids played. If he/she can help us, they will be in the lineup.**

4. Not acknowledging the Cardinal Family
  - a. Choosing which players you cheer for.
  - b. Not sitting together because of \_\_\_\_ (Selfish Reason)

**SOLUTIONS: You and your child signed up to be a part of our SABINE program. This is not about you, it is about US. Our togetherness must be a strength, acknowledge the value in being part of something bigger than each of us individually.**

5. Living vicariously through your kids
  - a. They do not need another coach at home.
  - b. Let them enjoy this moment, it will be one of the highlights of their life so sit back and enjoy it yourself.

**SOLUTIONS: One of the great joys as a parent is watching your kids compete and participate in extracurricular activities. Enjoy it, because it goes fast.**