



CAR RIDE CONVERSATIONS

THE MOST IMPORTANT CONVERSATION...

Did you know that one of the most important conversations that takes place between an athlete and parent is the conversation in the car ride home from a game?. What you say, or, what you don't say, matters. The car ride home is a critical emotional moment for an athlete.

And how you are supporting their character and encouraging their long term development in that conversation influences their behavior during their next performance. And to think, that no matter what happens on the field, that you are building their character and focusing on what is within their control in that car ride home.

THE PROCESS

We ask you to understand the values that are within your teams at VMA and how they are brought to life through action both on and off the field, which includes

- **School**
- **Home**
- **The community**

The goal of these conversations is to share positive feedback, constructive criticism when welcomed and support long term development. The culture of a program is supported outside the playing field, and we can promote a strong and supportive environment through YOU.

TOOLS AND TIPS

...for the car ride home

- Listen first then provide direction : Provide space for autonomy to exercise space.
- Ask your athlete, " When are you open to me giving you feedback?" k to discuss performance
- Instead of the question : "did you win," try asking, "what went well today? "
- Other questions to engage in power conversations in the car ride home?
 - Can I give you feedback on....?
 - What did you learn today? What was challenging today? What did you fail at today?
 - What did you enjoy the most today? What are you most proud of?

**SAVE
THE DATE:**

19 | September
Back to School Night

6 | October
Fall Open House

12 | October
Homecoming