



**A Parent's job is to work in concert with the Coach and help each child discover the greatness that is inside of them...**



**The Car Ride Rules  
After the Game**

- Thank the officials regardless!
- Thank the coaches for their effort.
- Utilize the "Put Up Game".
- Let your child talk about the game first (avoid post game analysis unless asked).
- Ask open-ended questions: What did you enjoy most/least about the game today? What did you learn today?
- Tell your child again how proud you were (even if the game didn't go well)

**GAME DAY TIPS FOR THE  
21<sup>st</sup> CENTURY PARENT**



**The Car Ride Rules  
Before the Game**

- Speak Greatness into your Child
- Tell your child you are proud of them regardless of how well they play.
- Focus on their **ATTITUDE & EFFORT**
- Tell your child to play hard and have fun. Remind them that it is OK to be nervous. "Nervous is Normal".
- Make a commitment to yourself to act appropriately no matter what others may do.
- Remember to have fun and enjoy the opportunity to watch the game!



**ETA356, Inc.**

*Excellence Thru Athletics*

[Jthomson@eta356.com](mailto:Jthomson@eta356.com)

[Eta356.com](http://Eta356.com)

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### Game Day Tips for Parents

Do you consistently model the type of behavior you want your child to reproduce?



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### PRE-GAME TIPS TO BE A PARENT OF IMPACT

- 1. Understand Your Role...** There are 4 types of people at a sporting event: the coach, the players, the officials and the spectators. You cannot be all four, only be one; be a great spectator.
- 2. Pick the Right Seat...** Do not sit near people who will try to draw you into the negative parent/fan culture of sports. If you end up in a bad seat or section, simply move. There are no padlocks on your seat cushion
- 3. Let the Coaches coach...** Do not yell out instructions to your child during games or practices. This is the coach's job. Games are chaotic times for children trying to deal with fast paced action while responding to opponents, teammates and coaches. Simply limit your comments during games to encouragement.
- 4. Be a positive role model towards officials...** Mention good calls by the officials to others in the stands or on the sidelines. Start to create a climate where it is recognized it is about the kids, not just winning.
- 5. OBEY THE 24-HOUR RULE...** when dealing with a difficult Coach. Emotions are heightened after games and practices it is important as parents we remain calm and wait 24 hours before we enter into a conversation with a problem. Apply the Communication Guidelines concepts. Also keep in mind the 3 Non Negotiables.

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