

The Parent Commitment

I do not force my child to participate in sports. They do so voluntarily, for their own enjoyment.

I do not live vicariously through my child in sports.

I do not have unrealistic expectations of my child in sports.

I teach my child that winning isn't everything and to take each victory with humility and grace.

I teach my child to accept losses with good sportsmanship and as an opportunity to improve.

I always find something to praise in my child's performance.

I let my child set his/her own standards of excellence.

I provide love and support for my child regardless of sport performance and motivation.

I support the coach's decisions and employ the 24-hour rule when discussing any concerns with the coach.

I openly support and respect the decisions of officials and set an example for my child and other parents in doing so.

I will speak out and intervene in instances of unacceptable behaviour. I will not be a bullying bystander.

I cheer for the team and my child in only positive ways from the stands.

I provide positive support and encouragement to my child's teammates.

I never smoke or drink alcohol around my child's sporting events.

I ensure proper rest, hydration and nutrition for my child.

I am on time for practices and competitions.

I control my temper and use of bad language.

I am courteous and respectful to all parents on my child's team and the opposing team.

I stay active and fit as a role model.

I never let an emphasis on sport create an imbalance in my child's life.

I do not harass, bully or abuse anyone involved in my child's sport.

I ask my child if they had fun, and then ask why or why not.

I will follow the policies and procedures of the sport.

I will work with the sport to provide a safe environment for all participants.

I will continue to invite communication with my child.