



Positive Athletic Parenting

Included in this packet is information about being a positive athletic parent. The information included ranges from;

- *Sportsmanship*
- *Parental Support*
- *What Coaches Need From Parents*
- *10 "Do's and Don'ts"*
- *Weekly Parent Tips*
- *Specializing in One Sport*
- *Nutrition*
- *Performance Enhancing Drugs*
- *NCAA Requirements for Eligibility*



Table of Contents

Sportsmanship_____	pg.2
Parental Support_____	pg. 3
What Coaches Need From Parents_____	pg.4
10 “Do’s and Don’ts” _____	pg.5
Weekly Parent Tips_____	pg. 6
Specializing in One Sport _____	pg. 7
Nutrition_____	pg.8
Performance Enhancing Drugs _____	pg.10
NCAA Requirements for Eligibility_____	pg. 11



Sportsmanship

Sports just aren't about winning and losing. It is important to play the game for self enjoyment and winning is a bonus. Sportsmanship is a very important aspect of sports. It is playing fair and with integrity, respecting opponents, coaches, refs and teammates and keeping the game fun.

Keys for Good Sportsmanship

- ✚ Play the game with integrity
 - Play by the rules, play fair and don't cheat
- ✚ Play the game with respect
 - Respect officials
 - Respect judgment calls
 - Respect opponents
 - They are not your enemy, but somebody pushing you to be better
 - Help them up after a foul
 - Keep trash talking to a minimum
 - No taunting or inappropriate behavior
 - Respect teammates
 - Applaud and compliment
 - Be a team player
 - Help make teammates better
 - Respect Coaches
 - Respect their decisions
 - Accept constructive criticism
- ✚ Maintain self-control
 - Keep composure and stay cool with officials, opponents, teammates and coaches
 - Accept calls and non calls, not every call will go your way.
- ✚ Stay positive
 - Be supportive and encouraging during adversity
 - Accept that there are going to be mistakes, make the next play
 - Cheer on teammates
- ✚ Win and lose with class
 - Don't brag gloat or rub in
 - Accept defeat
 - Compliment opponent
 - Encourage teammates to stay positive
- ✚ Never give up, and always try your best
 - Don't quit on teammates or coaches
 - Strive for improvement



Although sports can be very competitive and emotional and at times can be hard to follow these keys for good sportsmanship, it is important that you and your athlete try your best. By following these keys to good sportsmanship, the game will stay fun and enjoyable.



Parental Support

One of the most important aspects of youth sports is the support the kids get from their parents. It is important for parents to be supportive of their young athlete by going to the games and cheering for them during their successes and encouraging them through their failures and adversity.

How to Be a Supportive Parent

- ✚ Attend and be present at games
 - Cheer for your child and his teammates
 - Be encouraging and uplifting during adversity and failure
 - Be there to celebrate successes
- ✚ Help set personal goals with child
 - Help them fulfill these goals throughout the season
 - Discuss what changes to make to improve
- ✚ Encourage fundamentals
 - Help teach and show your child to play the right way
 - Help at home to improve their game
 - Being fundamentally sound makes for a good all around player
- ✚ Emphasize being a good sport
 - Playing by the rules
 - Having fun
 - Respecting opponents, officials and coaches
 - Be a team player
- ✚ Be supportive emotionally
 - Relieve pressure
 - Winning isn't everything
 - Mistakes are OK
 - Learning processes
 - Helps improve
- ✚ Stress to HAVE FUN



Being a supportive parent is not just going to games and cheering for your child, it is more than that. Parental support with positivity and encouragement makes the game fun and enjoyable. It is important to support your child in every way shape and form.



What Coaches Need from Parents

It is important as positive athletic parents to have a good relationship with their young athlete's coaches. Just like how parents have expectations for coaches, coaches have expectations for parents.

Recognize Their Commitment

- ✦ Put in many hours of practice and games throughout the season
- ✦ These coaches are unpaid volunteers trying to help your child improve and have fun

Make and Early and Positive Introduction

- ✦ Introduce yourself and your child and create a relationship with your coach
- ✦ Be positive; express excitement for the season and give thanks for commitment

Fill Their Emotional Tanks

- ✦ Express to them when they are doing a good job; after wins and good decisions
- ✦ Be encouraging and uplifting after losses and tough times; stay positive for next game

Don't Coach From the Sideline

- ✦ Causes confusion between players and coaches
- ✦ Coach your child at home; help with fundamentals and other coaching tips

Don't Tell Them How to Coach

- ✦ These coaches are qualified; they go through classes background checks
- ✦ It's their team; they can run any offense or defense and play who they choose
- ✦ They earn the right to coach by committing time and taking classes
- ✦ It's their team; they can run any offense or defense and play who they choose

Observe a Cooling Off Period

- ✦ Wait 24 hours before approaching a coach with an issue
- ✦ Keep calm, avoid profanity and use appropriate behavior
- ✦ Don't approach a coach with an issue at the game site

Meet Realistic Expectations

- ✦ Respect coaching decisions
- ✦ If there is an issue be calm, use appropriate behavior
- ✦ Help athletes meet expectations; keeping up with school work, making it to practices games and events on time



10 “Do’s and Don’ts”

It is important as sport parents to know the things you should be doing as well as the things you should not be doing in order to model correct behavior for your young athlete.

DO...

1. Reinforce being a good sport
2. Limit conversations about your child’s sport
3. Let them play for their own reason
4. Support your child’s coach by not coaching from the sideline
5. Keep it fun
6. Maintain composure during games (before and after, too)
7. Hold realistic expectations
8. Be supportive, especially after losses and tough performances
9. Encourage your child to follow through on commitments and work hard
10. Unconditionally love and support your child

DON’T...

1. Reinforce bad sportsmanship
2. Focus your conversations with your child always on sport
3. Put the opponent down to make your child feel good
4. Criticize your child for poor performance after games
5. Coach from the sideline
6. Treat your child differently depending on game outcome
7. Allow sport to dominate your child’s life
8. Control all decision-making about the child’s participation
9. See your child’s sport as a financial investment needing a return
10. Exert pressure to win and force your child to play

Although being a sport parent is tough at times it is important to do your best to stay positive and encouraging. By following these “Do’s and Don’ts” it will help you become a positive sport parent.



Weekly Parent Tips

These tips presented by, Liberty Mutual Insurance Play Positive program are to help with issues that your athlete might be having or issues you might be dealing with.

“Commit to conducting yourself by a code, which Positive Coaching Alliance calls “Honoring the Game”. To remember components of this code, remind yourself and your children that Honoring the Game means respecting the sport’s ROOTS, where ROOTS stands for Rules, Opponents, Officials, Teammates and Self.”

“Coaching your own child can offer some of life’s greatest moments, though it requires a delicate balance between coaching and parenting. Make it clear to your child when you are in coach “mode”. Be sensitive to favoring or penalizing your child.”

“Talk with your child about his goals and how sports may help them achieve them. Recognize that your goals for his sports experience may not be the same as his. Support him in striving to reach his goals. If the foals are all about skills or results, remind your child that “having fun”

“Let your child know you are ok with him not making a team. You may be disappointed for him if he doesn’t make it, but you won’t be disappointed in him. This can free him up to give his best effort.”

“Remember, research shows that athletes who receive positive encouragement, support and unconditional love from their parents tend to thrive. Remind your child that dinner will be on the table after the game regardless if how well he plays.”

“Help your young athlete to understand the value of a good opponent. Good opponents bring out the best in us. Model this attitude by talking about opponents respectfully. Never demonize the opponent as “the enemy”.

“Have your child make a collage about a professional or college athlete that they respect. Then have them talk you through the collage. If you feel creative, make one, too! Then you can see how much your thoughts and your child’s match.”



Specializing in One Sport

Although some parents may think it is more beneficial for their kids to specialize in one sport, being a multi sport athlete at a younger age has many benefits of becoming an all around athlete.

Negative Effects of Specialization

- ✦ Less chance of development as a complete athlete
 - Training for only 1 sport can limit the ability to become a complete athlete by only working certain muscles over and over
- ✦ Higher risk for injury
 - Specializing in one sport is continuous stress on the same muscles this gives a higher risk for injury and fatigue because they are worn down.
- ✦ Less focus on other aspects of life
 - Specializing in one sport takes a lot of time and effort. This leaves little time for other aspects of life such as school, friends and other athletic opportunities
- ✦ Might not be good enough
 - Specializing in one sport may limit opportunity for advancing
- ✦ Too much pressure
 - There is more pressure to win and advance skill level

Positive Effects on Playing Multiple Sports

- ✦ Become a fully developed athlete
 - Playing multiple sports works various muscles and teaches various skill sets, which helps create a well rounded athlete.
- ✦ Prevents muscle fatigue
 - Playing multiple sports gives certain muscles to recover during down time which helps prevent muscle fatigue.
- ✦ Mental Toughness
 - Different sports have different levels of competitiveness and often have different types of adversity which makes kids mentally tough.
- ✦ Makes sports fun
 - Multiple sports gives kids a chance to interact with different people learn new skills; take a break from other sports and keeps daily routines new and fresh.
 - By playing multiple sports it allows for kids to relax and play freely which makes sports more fun and enjoyable.
- ✦ Coaches look for multiple sport athlete
 - Shows willingness to learn new skills
 - Well rounded athletes
 - Different skills
 - Shows competitiveness



Eating the Right Things

As an athlete it is ideal to eat an assortment of foods from all of the 5 main food groups. By eating a variety of foods you will meet your body's vitamin and mineral needs.

Eating Before a Game

Although some athletes prefer not to eat before games, it is important that your athlete fuels their body so that their body can continue to perform..

- 4 hours before game time try an eat a high-carb pregame meal while drinking fluids
- 2 hours before game time continue to hydrate and eat small light snacks such as; fruit, or toast and jelly, or some cereal with low fat or fat free milk.
- 30 minutes before game small light nutritious foods



Carbohydrates

It is important to eat complex carbs like fruit, vegetables and whole grains. These types of foods give their body its most important energy during physical activity.

Protein

Eating lean meats, fish, poultry, eggs and fat free dairy and nuts helps build and maintain muscle as well helping the muscles recover from a workout.

Dairy

Dairy is filled with 9 essential nutrients. It is important to drink low fat or fat free white or chocolate milk and to eat yogurt or low fat cheese. By doing this their body receives calcium, potassium, and vitamin D. Milk also helps replace fluids in the body.

It is also important to start off the day with breakfast and light snacking throughout the day without skipping any meals. This helps ensure their body is getting the energy and nutrients it needs.

Staying Hydrated

As athletes your son or daughter breathe hard and become hot and sweaty. During this process they are losing fluids in their body. It is important for all people and athletes to replenish their body with more fluids.

How Much

All athletes are different in their own way and so are different workouts. It is important to set up a drinking schedule.

- Drink at least 12 oz of fluid 4 hours before AND again 2 hours before practice or a game
- Drink at least another 8oz 30 minutes before practice or game
- Drink at least 8oz again every fifteen minutes during practice or game



Setting a drinking schedule ensures your body will stay hydrated which will help performance and prevent exhaustion.

Nutrition

Easy Tips

- If urine is dark, this is a sign that you need more fluids. If your urine is light yellow or clear this shows that you are hydrated.
- If the event is longer than an hour drink a sports drink that has electrolytes, this will give your body and extra boost.
- Rehydrate with a beverage rich in carbohydrates and electrolytes after your event

Replenishment

After an intense workout or event it is important to replenish your body 15-30 minutes after the event occurs with a small snack or meal that contains complex carbohydrates and little protein. After a workout or event this little down time after is the best time to replenish their body with nutrients.

Try These Foods

- Within 15-30 minutes after intense activity, try these;
 - Graham crackers and peanut butter
 - Fruit smoothies made with yogurt
 - Banana and low fat or fat free chocolate milk
- 2 hours after intense activity, try these;
 - Lean meat and veggies on whole wheat bread
 - Rice and bean burrito with low fat cheese and side of fruit
 - Stir-fried veggies with lean beef, chicken, fish, or pork over brown rice



Sports Snacking

Athletes are left hungry after long hard games practices and tournaments. Snacking with the right foods helps refuel your body with energy.



Try These Snacks

- Fruit and low fat string cheese
- Vegetables and hummus
- Yogurt
- Lean meat sandwiches
- Trail mix with nuts
- Low fat granola bars



Performance Enhancing Drugs

It is becoming more and more popular for athletes to seek out the use of performance enhancing drugs and other drugs to gain an advantage over their opponent in today's game. It is important that when your son or daughter enters high school and is pursuing playing sports at the collegiate level to be aware of banned substances and drug policies.

Banned Substances

Classes of drugs:

- ✚ Anabolic Steroids
- ✚ Stimulants
- ✚ Hormones
- ✚ Narcotics or street drugs
- ✚ Alcohol and Tobacco use
- ✚ Diuretics or other masking drugs
- ✚ Beta-2 Agonists
- ✚ Anti-estrogens

Report All Medications

Certain prescribed medications contain drugs listed on the banned drugs policy. It is important to report all your medications so that you can be cleared or find an alternative drug that isn't on the banned substance list.

Nutritional and Dietary Supplements

It is important to follow all rules and guidelines regarding nutritional and dietary supplements and to take them to their trainer to make sure they don't contain banned substances.

- ✚ Some nutritional and dietary supplements contain banned drugs but are not listed on the label.
- ✚ This may cause positive testing for banned substances.
- ✚ Be sure to know that you are taking these supplements at your own risk
- ✚ Many athletes have lost scholarships from dietary supplements

Student athletes are expected to abide by the drug and banned substance policies year round and are held responsible for use of all banned substances at all times.

Negative Effects

Although performance enhancing drugs have benefits to help with performance, there are also negative long lasting effects from the use of performance enhancing drugs that harm your body.

- ✚ Increased cholesterol
- ✚ Blood clots
- ✚ Urinary and bowel complications
- ✚ Acne
- ✚ Shrinking of testes
- ✚ "Roid Rage"
- ✚ Depression
- ✚ Mood swings
- ✚ Irritability
- ✚ High blood pressure
- ✚ Baldness
- ✚ Feminizing effects in males



NCAA Requirements for Eligibility

As your son or daughter continue to grow as a student and as an athlete it is important for you to start looking ahead towards the college level. If you feel your athlete is pursuing participating in collegiate athletics it is important to follow the steps for registration to be certified as eligible by the NCAA Clearinghouse for Division I and II.

What to Do

- ✚ When your son or daughter enters high school they should meet with their counselor and express to them that they are pursuing participating in collegiate athletics.
- ✚ Grades 9 and 10
 - Meet with counselor and verify that they are on track and are on course to meet the core-course requirements.
- ✚ Grade 11
 - Register with the NCAA Clearinghouse eligibility center
 - Verify with counselor that they are meeting core-course curriculum and that their core-course hours are meet the qualifications of the eligibility center.
 - After completing their junior year of high school, meet with their counselor and have them send their transcript to the eligibility center.
 - After completing any ACT or SAT have scores sent to eligibility center (code 9999).
 - During this time begin your amateurism survey
- ✚ Grade 12
 - Send ACT and SAT scores to eligibility centers
 - Complete amateurism survey and final authorization online before April 1 if your son or daughter plans on enrolling in college in the upcoming fall.
 - They should meet with their counselor to send their final transcript with proof of graduation to clearinghouse eligibility center.

Note that registering for the clearinghouse is just an initial process for participation in collegiate athletics and does not have any effect on whether you are accepted or not into a particular school.

When and How to Register

It is important to register with the Clearinghouse as soon as your athlete knows they want to participate in collegiate athletics. It is common to register after junior year grades are available on their transcript. Late registration can cause delays in participation.

- ✚ Complete online registration at www.eligibilitycenter.org
- ✚ Print and sign copy of student release form so transcript can be sent to clearinghouse
- ✚ If attended more than one school since 9th grade each school needs to send transcripts
- ✚ Send ACT and SAT scores using code 9999 so Clearinghouse will receive your scores

Amateurism Eligibility

All incoming freshman must be a certified amateur. To be confirmed as an amateur, online registration must be completed along with an amateur survey. Questions and topics included in the survey include;

- | | |
|------------------------------|---|
| ✚ Contracts with other teams | ✚ Tryouts, practices or other competition with professional teams |
| ✚ Salary for participating | ✚ Benefits from agents |
| ✚ Prize money | |
| ✚ Playing with professionals | |