

## **15 Tips For Positive Parenting In Extracurricular Activities**

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- 1. Be positive with your athlete. Let them know you are proud they are part of the team.** Focus on the benefits of teamwork and personal discipline.
- 2. Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team.** Set a good example in your personal lifestyle.
- 3. Allow your athlete to progress and perform at a level consistent with their ability.** Athletes mature at different ages; some are more gifted than others.
- 4. Always support the coaching staff when controversial decisions are made.** The coaches need your backing to keep good morale on the team.
- 5. Insist on positive behavior in school and a high level of performance in the classroom.** Numerous studies indicate extracurricular involvement helps enhance academic performance.
- 6. Stay calm in injury situations.** Parents can help minimize the trauma by being in control and offering comfort.
- 7. Cheer for our team and players.** Opponents and referees deserve respect. Realize that high school students will make mistakes. Your support will mean a great deal during tough times.
- 8. Promote having fun and being a team player. Very few high school athletes receive college scholarships.** Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- 9. An athlete's self-confidence and self-image will be enhanced by support at home. Comparison to others is discouraged.** Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding performers.
- 10. Winning is fun but building team values is more important.** The concept of working together to perform a task will have lasting benefit.
- 11. Find the time to be an avid booster of school activities.** Help build a solid support system for coaches and athletes.
- 12. Help students keep jobs and cars in proper perspective.** Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extra-curricular activities.
- 13. Athletes must attend all practices and contests.** Stress the necessity to make a commitment to the team.
- 14. Emphasize the importance of well-balanced meals and regular sleep patterns.** An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
- 15. Many athletes enjoy participating in several sports.** Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.