

# **PARENTS**

## ***AYSO Parent's Code***

### **Support Your Child**

Supporting your child by giving encouragement and showing interest in their team is very important. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

### **Always Be Positive**

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

### **Remember: Your Child Wants To Have Fun**

Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them. Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.

### **Reinforce Positive Behavior**

Positive reinforcement is the best way to help your child achieve their goals and overcome their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things you child accomplished.

### **Don't Be A Sideline Coach Or Referee**

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support to. That means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself. Recognize the value and importance of volunteer coaches, referees and officials and give them their due respect. Without them, there would be no AYSO soccer for your child to participate in.

## ***10 Things Kids Don't Want Their Parents To Do***

From Playbook for Kids: A Parent's Guide to Help Kids Get the Most Out of Sports.

### **Don't Yell Out Instructions**

During the game I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.

### **Don't Put Down The Officials**

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

### **Don't Yell At Me In Public**

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something "wrong".

### **Don't Yell At The Coach**

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

### **Don't Put Down My Teammates**

Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

### **Don't Put Down The Other Team**

When you do this you're not giving us a very good example of sportsmanship so we get mixed messages about being "good sports."

### **Don't Lose Your Cool**

I love to see you excited about the game, but there's no reason to get so upset that you lose your temper! It's our game and all the attention is supposed to be on us.

### **Don't Lecture Me About Mistakes After The Game**

Those rides home in the car after the game are not a good time for lectures about how I messed up - I already feel bad. We can talk later, but please stay calm, and don't forget to mention things I did well during the game!

### **Don't Forget How To Laugh And Have Fun**

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

### **Don't Forget That It's Just A Game**

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.