

Keeping it Fun

Whether your child is playing youth soccer, varsity lacrosse or taking piano lessons, your child can learn a lot from participating. Parents.... Support your child and the person in charge (coach) through your positive efforts.

- **Make sure your child has what she needs.** If your child is properly equipped, the coach can concentrate on more important matters like safety, teamwork, and skill building.
- **Let the coach do the work.** Nothing stresses a field or in the stands. Realize that he knows how job.
- **Be aware of the coach's rules.** Touch base with disagree with anything, speak with the coach
- **Ask how you can help.** The coach does a lot of lighten his load (without taking over).
- **Learn how to handle injuries.** Accidents happen. aid supplies at home and in your car.
- **Foster your child's fitness.** The coach can only transform your child so much. Be aware of her eating habits and encourage good health. Exercise w your child, whether it's a jog around the block or a lap in the pool.
- **Notice your child's behavior.** If he acts unfairly to his teammates during the game or doesn't give the coach his full attention, talk to him *later* ab good sportsmanship and respect.
- **Have fun.** Maintain a sense of humor, even in the face of defeat. Keep the mood light. A child will play all day if it's fun. When it stops being fun a kids feel pressure they cannot perform. Keep the game analysis to a minimum. With your positive support the kids can achieve most anything.



coach out more than having too many helpers on the to best support your child's performance. Let him do

your child and the coach about expectations. If you privately – out of earshot of the kids.

work, on and off the field. Ask what you can do to

Make sure that you're prepared for them by having fi