

# 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** coach can concentrate on more important matters like

→ **Let the coach do the work.** Nothing helps on the field or in the stands. Realize that he Let him do his job.

→ **Be aware of the coach's rules.** Touch base you disagree with anything, speak with the coach

→ **Ask how you can help.** The coach does a lot to lighten his load (without taking over).

→ **Learn how to handle injuries.** Accidents happen. Make sure that you're prepared for them by having first 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 with 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* about 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 and kids feel pressure they cannot perform. Keep the game analysis to a minimum. With your positive support the kids can achieve most anything.



**needs.** If your child is properly equipped, the safety, teamwork, and skill building.

stresses a coach out more than having too many knows how to best support your child's performance.

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

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