



Parent Code of Conduct

- I will encourage climbing the ELM Tree of Mastery with my child (E for Effort, L for Learning, and M for Mistakes are OK). Athletes who are coached toward a mastery approach tend to have reduced anxiety and increased self-confidence because they focus on things they can control. Being a Mastery Winner is more important and more satisfying than being a Scoreboard Winner.
- I will use positive encouragement to fill the "Emotional Tanks" of my children, their teammates, and coaches regardless of scoreboard results. I understand that, like the gas tank of a car, a full emotional tank can take people almost anywhere. The best fuel is an average of 5 specific, truthful praises for each specific, constructive criticism.
- I will avoid an immediate and critical debrief right after the game.
- I will be a Second-Goal Parent, focused on the goal of using sports to teach life lessons while leaving the goal of winning to players and coaches.
- I will recognize & seize teachable moments to instill these lessons.
- I will set an example for my child by Honoring the Game and respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official's call, I will Honor the Game and be silent. Discussing the call calmly with other parents or coaches can help aid in the soccer learning experience, but must be done in a way that demonstrates respect and good sportsmanship for young players to exemplify.
- I will use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backward from 100, or use self-talk ("I need to be a role model for the players as well as the other adults around me. I can rise above this and react in a mature manner").
- I will keep winning and losing in proper perspective. I understand that success is not directly linked to winning. Setting and achieving team and individual goals aids in true player development.
- I will refrain from negative comments about my child's coach or their teammates in my child's presence so that I do not negatively influence my child's motivation and overall experience.
- I will be as prompt as possible dropping my child off and picking my child up from practices and games.
- I will communicate any conflicts with my child's schedule and practices/games with the coach as early as possible.
- I will engage in No-Directions Cheering, limiting my comments during the game.
- I will encourage my child and other players but will leave the guiding and directing to the coach and the players.
- I will aid in the athlete-centered learning approach, meaning I will leave the decision-making process up to the players as much as possible. I won't steal their opportunity to learn. The intelligence needs to be on the field, not on the sideline.
- I will abstain from making any negative comments, posts, TikTok's, etc. of players, parents, or coaches at MSC on social media (FB, IG, TT). I also understand that there will be a zero tolerance policy for violating the codes of conduct.

I have read and agree to the Parent Code of Conduct policies.

Name: _____

Date: _____