



## MIDDLETON SOCCER CLUB PARENT TIPS

<i>First and foremost, teach children the purpose of youth sports:</i>	Valuable life lessons can be learned through participation in sports such as responsibility, respect, self-discipline, accountability, teamwork and perseverance. And remember that FUN is the name of the game!
<i>What adults should expect from players in a game:</i>	ELM (give maximum effort, learn, flush mistakes and move on). Players should be encouraged to ask questions if they don't understand something.
<i>What to do when the team loses:</i>	Refrain from blaming your child, their teammates, or the coach. Let players initiate the conversation. Keep calm. Know this is part of the learning process.
<i>What to do when the team wins:</i>	Encourage your player to give genuine praise to the opposing team. Discourage boastful comments and actions.
<i>What to do when you do not agree with the coach's decision(s):</i>	Do not approach the coach right after the game with your frustrations. Give yourself time for your emotions to settle before discussing with the coach.
<i>Things parents can do to help support the coach and the team the most:</i>	Let them do their job. Be appreciative of their time and sacrifice given to coaching your child. Look for ways to lighten the load and give thanks.

## MIDDLETON SOCCER CLUB PARENTS CODE OF CONDUCT

<input type="checkbox"/>	I will encourage climbing the <u>ELM Tree of Mastery</u> 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.
<input type="checkbox"/>	I will use positive encouragement to <u>Fill the Emotional Tanks</u> 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 most 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.
<input type="checkbox"/>	I will be a <u>Second-Goal Parent</u> , 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.
<input type="checkbox"/>	I will set an example for my child by <u>Honoring the Game</u> , 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.
<input type="checkbox"/>	I will use a <u>Self-Control Routine</u> to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards 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").
<input type="checkbox"/>	I will <u>Keep Winning and Losing in Proper Perspective</u> . I understand that success is not directly linked to winning. Setting and achieving team and individual goals aids in true player development.
<input type="checkbox"/>	I will <u>Refrain from Negative Comments</u> 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.
<input type="checkbox"/>	I will be as <u>Prompt as Possible</u> 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.
<input type="checkbox"/>	I will engage in <u>No-Directions Cheering</u> , 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.