Game Day Tips

BEFORE THE GAME

• Tell your child you are proud of him or her regardless of how well he or she plays.
• Tell your child to play hard and have fun. Remind him or her that it’s okay to be nervous (“Nervous is normal”).
• Make a commitment to yourself to Honor the Game no matter what others may do.

DURING THE GAME

• Let the coaches coach. Avoid giving your child (or other players) advice during the game.
• Fill your child’s (and teammates’) Emotional Tank.
• Cheer good plays and good efforts by both teams.
• Mention good calls by the officials to others.
• Remember to have fun! Enjoy the day.

AFTER THE GAME

• Thank the officials for doing a difficult job.
• Thank the coaches for their effort.
• Let your child tell you about the game (avoid giving your post-game analysis unless asked). Ask open-ended questions:
  “What was the most/least enjoyable part of the game?”
  “What did you learn from the game?”
• Tell your child again that you are proud of him or her! (especially if the game didn’t go well)

WHAT IF

• The official makes a “bad” call against your team? Honor the Game*
• Another spectator on your team begins to berate the official? (Remind them, nicely, to Honor the Game.)

* Resist the urge to berate the official.