

LYSA PARENT/GUARDIAN CODE OF CONDUCT

COMMUNICATING WITH YOUR CHILDREN

- Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for-consistent positive reinforcement.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level. Be helpful but don't coach them, it's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Teach them to enjoy the thrill of competition, to be "out there trying", to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, by having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. You were frightened, backed off at times and were not always heroic, Athletic children need their parents, so do not withdraw. There is thinking, feeling, sensitive, free spirit in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to Maximum enjoyment
- Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will most likely become disenchanted.
- Don't compare the skill, courage or attitude with other members of the team.
- Get to know the coaches. Then you can be assured that his or her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his or her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- Make a point of understanding courage and the fact that is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly l'a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort

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- I will remember that young people play sports for THEIR enjoyment, not to entertain me.
- I will not have unrealistic expectations and will understand that doing one's best is as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
- I will respect the officials' decisions and will encourage all participants to do the same.
- I will respect and show appreciation for the coaches and understand that they have given them time to provide sports activities for our young people.
- I will encourage athletes and coaches to play by the rules and to resolve confidence without resorting to hostility or violence.
- I will show respect for my team's opponents because realize there would be no game without them.
- I will not use bad language and will not harass athletes, coaches, officials or other spectators.
- I will always show good sportsmanship since young people lead best by example,

Communication you should expect from your child's coach

- Philosophy of the coach
- Expectations and goals the coach has for your child
- Locations and times of all practices and games Team requirements (fees, special equipment, off-season conditional)
- Procedure should your child be Injured
- Discipline that results in the denial of your child's participation

Communication coach's expert from parents

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns regarding a coach's philosophy and or Expectations.

Appropriate concerns to discuss with coaches

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concern about your child's behavior

behavior issues not appropriate to disgust with coaches

- Playing time
- Team strategy
- Play calling
- Other student-athletes