



## Parent's Guide to Youth Football: Supporting the Team with Respect and Encouragement

Dear Parents,

Welcome to our youth football team! We're excited to have your child as part of our team, and we look forward to a season full of growth, fun, and learning. As we embark on this journey together, it's important that we, as a community, set the best possible example for our young athletes. To foster a positive, respectful, and enjoyable environment for everyone, we ask all parents to adhere to the following guidelines:

### Support All Players

- **Focus on Team Over Individual:** Football is a team sport. Celebrate the effort, hard work, and growth of each player. Encourage teamwork, regardless of who scores or makes the big play.
- **Encourage Effort, Not Just Outcomes:** Applaud your child and their teammates for their effort, improvement, and sportsmanship. The key to success is progress and a positive mindset.

### Respect the Coaches

- **Trust Their Decisions:** Coaches are there to help your child develop, both on and off the field. Support their coaching decisions, even if you don't always agree with them. Coaches prioritize the development of all players and will give everyone an opportunity to learn and grow.
- **Open Communication:** If you have concerns, approach the coach privately and respectfully after practice, games or via a private chat. Avoid discussing any issues during the game or in front of your child.
- **Coaching on the side lines:** In some cases coaching from the sidelines goes against the information given by the coach. Please encourage and praise but don't coach you pay the coaches to do that job for you.

### **Respect the Referees and Officials**

- **Be Polite and Respectful:** Officials are human, and they make mistakes, just like players and coaches. It's important that we show respect toward referees, regardless of their calls. Our children are watching how we handle these situations.
- **Avoid Negative Commentary:** Never shout at or criticize the referees. Instead, model patience and understanding, teaching your child how to handle mistakes with grace.

### **Promote Positive Sideline Behaviour**

- **Be a Role Model:** Your behaviour on the sidelines speaks volumes. Cheer for the entire team, and keep the mood light and positive. Please refrain from negative comments about players, coaches, or officials.
- **Stay Involved, but Don't Overwhelm:** Let your child enjoy the game in their own way. Allow them to speak for themselves and take ownership of their experience without overwhelming them with your opinions.
- **Respect the Barrier:** The respect barrier is there for a reason, please try to keep back from it to keep its integrity.

### **Help Foster Good Sportsmanship**

- **Congratulate Both Teams:** After each game, encourage your child to congratulate opponents, coaches, and teammates. Good sportsmanship includes shaking hands, showing respect, and always acknowledging others' efforts.
- **Encourage Handling Wins and Losses Gracefully:** Wins should be celebrated with humility, and losses should be handled with dignity. Teach your child that both are valuable learning experiences.

### **Create a Positive Atmosphere**

- **Focus on Fun and Development:** Remember, youth football is about learning, improving, and having fun. It's about building character and teamwork, not just winning.
- **Promote a Healthy Balance:** Encourage your child to enjoy the sport, but also make sure they balance their time with other activities and rest.

### **Keep the Focus on Safety**

- **Encourage Safe Play:** Always ensure that your child plays by the rules and listens to their coaches when it comes to safety practices. Your child's well-being is the top priority.

- **Provide Support:** If your child experiences an injury or discomfort, encourage them to speak up, and respect the coach's decision if your child needs to sit out.

### **Model Healthy Competition**

- **Encourage Respectful Rivalries:** It's normal for children to compete, but remember to model respectful competition. Help your child understand that fair play, kindness, and respect are far more important than winning at any cost.

### **Be Your Child's Biggest Supporter**

- **Praise Effort, Not Just Performance:** Acknowledge your child's hard work, determination, and growth. Let them know you are proud of them for showing up, trying their best, and being a team player.
- **Be There When Needed:** Let your child know you're there to support them, no matter the outcome of any game or practice. Your encouragement means more than anything else.

### **Correct clothing and Training**

- **Shin Pads and Boots:** Please ensure your child always turns up with shin pads and the correct footwear. on 3G moulded studs, artificial grass boots, astro/turf boots. No metal studs or blades on 3G. Shinpads need to be worn to all training sessions and matches.
- **Cold or hot weather:** If the weather is cold please ensure your child has at least 2 layers of clothing. During hot weather please ensure your child has applied sunscreen. In both instances please ensure your child comes to training with a water bottle

**In Summary:** Let's create a positive, inclusive, and fun experience for all players. Your support in upholding these guidelines will help build a stronger team, encourage personal growth, and foster respect both on and off the field.

We appreciate your commitment to ensuring that youth football remains an enjoyable and rewarding experience for all involved.

Thank you for being a part of our team, and we look forward to an incredible season!