

10 Commandments for Sport Parents

On the way to the event...

1. Ask your child to set goals for the game: a physical goal, a mental goal and a sportsmanship goal.
2. Remind your child (and yourself) to have fun.
3. Say a prayer with your child thanking God for the opportunity to play.

At the event...

4. Be positive with all players, opponents, fans, coaches and officials.
5. Remain calm and in control of your words and actions.
6. Take a deep breath and/or remove yourself from the environment if you grow angry.
7. Applaud good play from both teams.

On the way home...

8. Ask your child, "How do you think the game went?"
9. Point out signs of sportsmanship shown in the game.
10. Express your love for your child regardless of the outcome of the game.

