

# SIXTEEN TIPS FOR POSITIVE PARENTING IN EXTRACURRICULAR ACTIVITIES

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- 1. Be positive with your athlete.** Let them know you are proud they are part of the team.  
\*Focus on the benefits of teamwork and personal discipline.
- 2. Encourage your athlete to follow all training rules.** Help build a commitment to the team.  
\*Set a good example in your personal lifestyle.
- 3. Allow your athlete to perform and progress at a level consistent with his ability.**  
\*Athletes mature at different ages; some are more gifted than others.
- 4. Always support the coaching staff when controversial decisions are made.**  
\*The coaches need your backing to keep good morale on the team.
- 5. Insist on positive behavior in school and a high level of performance in the classroom.**  
\*Numerous studies indicate extracurricular involvement helps enhance academic performance.
- 6. Stay calm in injury situations.**  
\*Parents can help minimize the trauma by being in control and offering comfort.
- 7. Cheer for our team and players. Opponents and referees deserve respect.**  
\*Realize that players may make mistakes. Your support is needed during tough times.
- 8. Promote having fun and team play. Very few high school athletes receive scholarships.**  
\*Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- 9. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged.**  
\*Encourage the athletes to do their best regardless of the performance of their brothers or sisters.
- 10. Winning is fun, but building positive team values is most important.**  
\*The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.
- 11. Find the time to be an avid booster of school activities.**  
\*Help build a solid support system for coaches and athletes.
- 12. Help students keep jobs and cars in proper perspective.**  
\*Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
- 13. Athletes must attend all practices and contests.**  
\*Stress the necessity to make a commitment to the team. Practice is important.
- 14. Emphasize the importance of well-balanced meals and regular sleep patterns.**  
\*An athlete plays best when care is taken to consume nutritious food and obtain sufficient rest.
- 15. Many athletes enjoy participating in several sports.**  
\*Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
- 16. Persistence and being able to accept a role are extremely important for the team to be successful.**  
\*Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.