

It is important for parents/guardians to realize the amount of time and effort it takes to run effective and efficient interscholastic athletic programs. The level of commitment that coaches, athletic directors, and school administrators put forth demands the respect of all parents involved.

Parents/guardians who cannot adhere to a reasonable level of respectful behavior and expectations should have their privileges of attending games revoked. In addition, under no circumstance should parents/ guardians sit in and around the bench area or speak with their child during games unless they are asked to serve as an official volunteer coach.

It is recommended that coaches have parents sign a code of conduct at their orientation meeting or before the first game to ensure parents understand expectations and for their behavior. Some example parent materials are below.

10 COMMANDMENTS FOR SPORT PARENTS

(Source: Parent Like a Champion)

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.*

PARENT/GUARDIAN CODE OF CONDUCT

(Source: *Play Like a Champion Today!*)

As sport seasons kick off at the beginning of the school year, it is important for parents to remember a holistic approach to helping their children develop into Champions both on and off the field. Today, we present a Sport Parent Code of Conduct that can serve as a guide for parents. Read through this Code carefully and embrace it personally. Then, work as a member of your school community to help coaches and other parents to abide by it.

- I will be positive and support my child in his/her individual sport journey.
- I will not force my child to play sports.
- I will remember that sports are games meant to be played by and for the kids.
- I will accept that my child plays sports for his/her enjoyment, not for mine.
- I will be realistic in my expectations for my child in sports.
- I will encourage my child in the GROW model of developing as an athlete
- I will help him/her to set goals.
- I will help him/her foster positive relationships on her team.
- I will ensure that he/she has an opportunity to make his/her own decisions in athletics.
- I will guide him/her in winning and losing gracefully.
- I will help my child grow with the cardinal virtues through sports (Prudence, Justice, Fortitude and Temperance).
- I will live by the cardinal virtues in my own behavior/attitude at sporting events.
- I will help my child feel like a Champion by offering fair praise and constructive feedback.
- I will support a nurturing sideline environment.
- I will applaud good play, by both my child's team and opponents.
- I will respect the game officials and their decisions, understanding their task is challenging.
- I will respect and show courtesy to my child's coaches at all times.
- I will commit to ensuring my child's coach follows the standards of Christian coaching and acts as a youth minister for my child in his/her sporting experience.

Committing to becoming a Champion is not just for our kids – Parents too can be Champions in their approach to youth sport.

Play and Parent Like A Champion Today!

Athlete's Name

Parent Name (Print)

Parent's Signature

Date