

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 the coaches 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 high school players will make mistakes. Your support is needed during tough times.
- 8. Promote having fun and being a team player. 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 athlete to do their best regardless of brothers or sisters who may have been outstanding players.
- 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 functions 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 is 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.