

Sportsmanship Reminders

Respect

Each player, coach and referee deserves

Respect

Whether they are great at what they do,
or less than great.

By giving that respect, we
set a good example for our children.



Sportsmanship Reminders

Remind them that when they try their best, that's all anyone can expect of them.

Kids play to have **fun**, be with their friends, get exercise, and improve their skills, among other reasons. Kids say winning is lower on the list and that they would prefer to **participate** for a losing team than sit on the bench for a winning one.

Know your league's policy on playing time. Over the course of the season, each child should play an average of almost half of each game. But a high number of players on the team may reduce playing time.

Support the team by cheering and **praising** the players and it's not treasonous to praise good play by a member of the opposition.

We all get excited at times. It becomes a problem if we yell at the kids in an angry tone which often lowers their **confidence and self-esteem**.

Please don't yell **criticism** at the coaches and referees. They are doing their best. None of us like to be screamed at. Sometimes they make a mistake and sometimes we do too in our lives.

Yelling instructions at players is distracting and most times reaches them too late to be helpful. It may not be accurate and may confuse them if their coach has told them something else. Even if correct, they almost certainly won't remember it by the next practice.

If we spend too much time **worrying** about how our children are doing, we're wasting one of life's wonderful experiences. If they're not as good as others, remind them and yourself that they won't be great at everything.

Whether their achievements on the field are big or small, we should assure them that we love them unconditionally.

Remember that the game is for the kids, not for us, and that the fun, both theirs and ours, is more important than winning.