

Hey Parent's, Listen Up!

Here are rules to remember when at competitions!

- ❖ ***Cheer, Don't Sneer:*** Only positive words should come out of your mouth during a competition. There is simply no place for negative comments or criticism.
- ❖ ***Walk before you Squak:*** If you feel a sudden urge to get mad at anyone, take a walk and cool off before you say something that will embarrass you or your child.
- ❖ ***Don't sell them Short, be a sport:*** If another team has done a good job, it is great sportsmanship to give them a pat on the back or a congratulations.
- ❖ ***Don't point blame*** When your child doesn't do well, don't blame it on anyone else.
- ❖ ***Give 'em a Smile not Bile*** Kids always respond to the coach or parent who smiles, not the adult who criticizes or scowls. Besides, your child wants to see you having fun.
- ❖ ***Raise with Praise*** That's right, the kids will raise their performance and efforts if you praise them. Use any achievement as an excuse for a compliment. They want to believe in themselves. And you can help them.
- ❖ ***Give the Judges a break:*** Bad scores sometimes happen, these judges are trying to do their best, and sometimes the score can be way off even when they feel they are being very fair.
- ❖ ***Paralysis by Analysis.*** Avoid replaying the meet in the car on the drive home. If your child brings things up, fine. But chances are it's about the last thing they want to talk about.
- ❖ ***This I Beseech, practice what you Preach.*** With too many people in the public eye misbehaving, parents have to work extra hard to teach kids correct behavior. Make sure your own sportsmanship is flawless. You are the most important role models the kids have!
- ❖ ***Do not shout instructions to your child*** This causes confusion, lack of focus and takes away the coaches authority.
- ❖ ***Cheer for your child*** Cheer when your child performs well, but make sure you also cheer and support the other teammates.
- ❖ ***Suffer in Silence when something negative happens*** A display of anger may inflame a delicate situation resulting in embarrassment for you or your child.