



Parents

BEFORE THE GAME

To Do:

- Remind your child to:
 - Get a good night's sleep
 - Hydrate the night before
 - Eat 2-hours before the game
- Help your child pack both uniforms, water, and sunscreen
- Take time to educate yourself about the game

DURING THE GAME

To Do:

- Be respectful of the referee(s)
- Be respectful of the opponents
- Know the Laws of the Game and playing format for your child's age group
- Let the coach do his job and coach the game
- Let the referees do their job and ref the game
- Promote fair play by leading by example
- Display supportive and positive sideline behavior
 - Cheer for the Players' and team's effort
 - Show encouragement and praise
 - Show attentive silence

AFTER THE GAME

To Do:

- Thank the referees
- Thank the opponents
- Thank your coaches
- Pick up your trash
- Talk about the positives of the game in general
- Make car ride home pleasant and free from any type of criticism toward your player, other players, the coach, or the referees
- Use encouraging words and tell your player just a few simple things:
 - "I loved watching you play today"
 - "Did you have fun?"
 - "What do you want to eat?"

PLEASE AVOID

- Telling your child how to play and what they should do in a game
- Coaching your child or other players from the sideline
- Getting angry at other team, coaches, or referees
- Addressing the referee(s) at all
- Yelling at players, referees, coaches, or other parents from the sidelines
- Complaining about the game
- Telling your child what they did wrong
- Continuing to talk about your child's mistakes
- Talking about what teammates and coaches did wrong
- Analyzing the game with your child