



Idaho Falls School District 91

A World Class Education

PROMOTING SPORTSMANSHIP WITH POSITIVE SPORTS PARENTING

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in a desire to help your child, best intentions can end up being counterproductive. Applying the rules of Positive Sports Parenting can go a long way toward promoting sportsmanship and fostering an environment where your child can enjoy and excel in sports.

1. Make sure your child knows win or lose, that you love them, you appreciate their efforts and you are not disappointed in them.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't "coach" on the way to the track, diamond or court; on the way home; at breakfast or dinner and so on.
4. Teach your child to enjoy the thrills of competition, trying, working to improve their skills and attitudes, taking the bumps and then coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled, too; you lost as well; you were frightened; and you were not always heroic. Don't pressure your child because of your pride.
6. Don't compete with the coach. Young athletes often come home and chatter about "coach says this" or "coach says that." This is often hard, especially for parents who have had some sports experience.
7. Don't compare your child's skill, courage or attitudes with that of other members of the squad or team.
8. Get to know the coach so that you can be assured his or her philosophy, attitudes, ethics and knowledge are a good influence on your child.
9. Always remember children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics.
10. Make a point of understanding courage. Explain that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. Never approach a coach before, during or after a contest to talk about your child.

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I understand that promoting sportsmanship is one of the goals of Idaho Falls School District #91's athletic programs. I have read the philosophy of Positive Sports Parenting and will do my part to help create a positive environment at all district activities so our student athletes have the opportunity to excel.

Print Name of Parent or Guardian

Print Name of Student Athlete

Signature of Parent or Guardian

Date