

NCYSA POSITIVE PARENT TIPS & TRICKS



GET INVOLVED

- VOLUNTEER TO COACH
- VOLUNTEER TO BE A MANAGER
- VOLUNTEER TO REF
- TAKE A COACHING ED COURSE
- LEARN THE RULES
- BE A FIELD MARSHAL
- WATCH OR READ ABOUT THE GAME WITH YOUR CHILD



REMEMBER

- **SPORTSMANSHIP IS IMPORTANT FOR CHILDREN TO LEARN.** SET A GOOD EXAMPLE ON THE SIDELINES BY OFFERING POSITIVE ENCOURAGEMENT AND SUPPORT.
- **WEATHER CAN BE UNPREDICTABLE.** BE PREPARED BY BRINGING SUNSCREEN, RAIN JACKETS, BLANKETS, ETC.
- **GET TO THE SOCCER FIELD EARLY.** PLAYERS NEED ADEQUATE TIME TO WARM UP AND STRETCH BEFORE TRAINING OR GAMES.
- **PROPER HYDRATION AND HEALTHY SNACKS ARE KEY.** BE SURE TO BRING PLENTY OF WATER FOR YOUR PLAYER TO DRINK BOTH BEFORE AND AFTER THEIR TRAINING AND GAMES. ORANGE WEDGES, GRAPES AND SPORTS DRINKS ARE ALSO GOOD FOR REPLENISHING NUTRIENTS AFTER ACTIVITY.

**THE MISSION OF NCYSA IS TO PROVIDE THE IDEAL ENVIRONMENT FOR ALL
YOUTH TO GROW AND EXCEL THROUGH SOCCER.**

HAVE FUN, IT'S ONLY A GAME!



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PARENT EXPECTATIONS:

- REMEMBER IT IS ABOUT THE CHILDREN HAVING FUN
- ENCOURAGE CHILDREN ON BOTH TEAMS
- ENCOURAGE CHILDREN TO LEARN AND ALWAYS RESPECT THE RULES OF THE GAME
- REMEMBER TO BE PATIENT AS CHILDREN LEARN THROUGH EXPERIENCE (MISTAKES)
- BE A POSITIVE ROLE MODEL FOR CHILDREN AND PARENTS OF BOTH TEAMS
- CONGRATULATE BOTH TEAMS IRRESPECTIVE OF THE RESULT OF THE GAME
- HELP ERADICATE ALL PHYSICAL & VERBAL ABUSE, BULLYING & DISCRIMINATION FROM SOCCER
- SUPPORT, ENCOURAGE, HELP AND THANK VOLUNTEERS, COACHES, ORGANIZERS AND REFEREES IN THEIR WORK. WITHOUT THEM, THE CHILDREN WOULD NOT HAVE THE OPPORTUNITY TO PLAY SOCCER.
- ENSURE FAIR PLAY IN ALL CIRCUMSTANCES



SIDELINE ETIQUETTE:

- BRING A CHAIR AND ENJOY THE GAME
- ENCOURAGE AND CHEER IN PAST TENSE FOR PLAYERS ON BOTH TEAMS (EX. GREAT SHOT)
- FOCUS ON THE PROCESS, NOT THE OUTCOME
- RESPECT THE DECISIONS OF THE COACHES AND REFEREES AND TEACH THE CHILDREN TO DO THE SAME
- TREAT THE REFEREES WITH RESPECT AS THEY ARE LEARNING AS WELL



THE RIDE HOME:

- WHAT YOU SAY ON THE RIDE HOME IS MORE IMPORTANT THAN YOU THINK AND MAY BE A DETERMINING FACTOR IN WHETHER YOUR CHILD DECIDES TO CONTINUE TO PURSUE SPORTS IN THE FUTURE
- ALLOW YOUR CHILD TO TALK ABOUT THE GAME WHEN THEY ARE READY RATHER THAN ASKING QUESTIONS AS THESE MAY BE INTERPRETED DIFFERENTLY THAN YOU INTENDED
- INSTEAD, REMIND THEM, "I LOVE WATCHING YOU PLAY"