



The Sport Parent's Commitment

- I do not force my child to participate in sports. They do so voluntarily, for their own enjoyment.
- I do not live vicariously through my child in sports.
- I do not have unrealistic expectations of my child in sports.
- I teach my child that winning isn't everything and to take each victory with humility and grace
- I teach my child to accept loses with good sportsmanship and as an opportunity to improve
- I always find something to praise in my child's performance.
- I let my child set his/her own standards of excellence.
- I provide love and support for my child regardless of sport performance and motivation.
- I support the coach's decisions and employ the 24-hour rule when discussing any concerns with the coach.
- I openly support and respect the decisions of officials and set an example for my child and other parents in doing so.
- I will speak out and intervene in instances of unacceptable behaviour. I will not be a bullying bystander!
- I cheer for the team and my child in only positive ways from the stands.
- I provide positive support and encouragement to my child's teammates.
- I never smoke or drink alcohol around my child's sporting events.

The Sport Parent's Commitment Continued

- I ensure proper rest, hydration and nutrition for my child.
- I am on time for practices and competitions.
- I control my temper and use of bad language
- I am courteous and respectful to all parents on my child's team and the opposing team.
- I stay active and fit as a role model.
- I never let an emphasis on sport create an imbalance in my child's life.
- I do not harass, bully or abuse anyone involved in my child's sport
- I ask my child if they had fun, and then ask why or why not.
- I will follow the policies and procedures of the sport.
- I will work with the sport to provide a safe environment for all participants.
- I will continue to invite communication with my child.