



## PONOKA MINOR HOCKEY ASSOCIATION

# PARENTS PLEDGE

It is the intention of this pledge to promote fair play and respect for all participants within the Ponoka Minor Hockey Association. All parents/guardians must sign this pledge for their child to participate in the Ponoka Minor Hockey Association this season and parents must continue to observe the principles of Fair Play throughout the entire season.

### CODE OF CONDUCT FOR PARENTS

1. I will always strive to be a Positive role model for my child.
2. I will always show respect and good sportsmanship toward the volunteers, coaches, officials and opponents.
3. I will encourage my child to play hockey in the spirit of the sport
4. I will remember that my child plays hockey for his or her enjoyment, **not mine**.
5. I will respect officials and coaches in the understanding that their position is not always easy. I will respectfully accept their decisions and will not engage in verbal abuse.
6. I will accept coaches' on-ice decisions and appreciate the time that volunteer coaches give to teach my child to play hockey.
7. I will always encourage my child to play by the rules and to resolve conflict without resorting to violence.
8. I will never ridicule or yell at my child for making a mistake or losing a game. I understand that children learn by making mistakes.
9. I understand that positively reinforcing my child's effort will always create a positive learning atmosphere.
10. I will remember my child learns by example. I will applaud good plays and effort by both my child's team and their opponents.
11. I understand and will abide by the 24-hour rule in regards to discussing concerns involving my child.
12. I understand in the event of injury or illness, which in the opinion of the coach(s), may compromise ones ability to participate, the athlete may be removed from the event.

I agree to fully abide by this Parents Code of Conduct and PMHA Policies & procedures throughout the hockey season. I also agree to abide by the rules, regulations and decisions as set forth by the Ponoka Minor Hockey Association.

\_\_\_\_\_  
Parent / Guardian Name (please print)

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent / Guardian Name (please print)

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

**Key Reminders for parents of children involved in any extra curricular activity:**

Get involved with your child's team/activity in a positive way

Let your child know that you enjoy having them involved with the game/activity

Do not lose perspective, and emphasize the values associated with the game/activity

Be supportive and do not let the parental expectations become a burden on the child

Model respectful behaviour for their child

Be there for their child, whether they win or lose

Make safety, respect, fair play and fun a priority

Support their child emotionally

Encourage their child to participate but avoid pressuring them to play the game/activity

Communicate with your child's coach professionally and effectively.

There are many outlets that can cause our children to gravitate away from sports such as social media, video games, tv/movies, etc. We want and need to keep kids involved in sport for as long as we can for their own growth and development.

Make the drive to/from the game/activity about healthy, positive conversations, not dwelling on the outcome of a game/activity.

# 9 REASONS WHY KIDS QUIT SPORT



It's not fun anymore



Pressure to Perform



They are afraid to make mistakes



It's too competitive



Too much emphasis on winning



Not enough playing time



No longer interested in the sport



They have lost ownership of the experience



Pressure from parents and coach