



## SPRA Evaluations Parent Tips

### Supporting Your Athlete During Evaluations

#### STAY RELAXED AND POSITIVE

- Whether you realize it or not, your body language, what you say and how you say it can greatly influence your athlete. If you are visibly stressed, your child could feel extra pressure to perform well on the ice and not disappoint you.
- Remain positive and acknowledge your child for their effort and attitude during evaluations. You do not need to critique the evaluation process, your job as a parent is to be a support system for your child.
- Encourage your child to have fun. Evaluations can be stressful but ultimately this is a game they love to play.
- Ask how you can help your athlete prepare. Players need to learn to prepare themselves for competition, but a helping hand can set them up for success. As emotions can be heightened for all it's a good opportunity to have age appropriate discussions about the process and the what next.

#### KEEP IT IN PERSPECTIVE

- Focus on the positives and improvements that have been made since last year and know that these skills will continue to develop. Team selection is about finding the right team for your athlete to succeed. Whether your child makes the highest level or not, do not let them feel like they have failed or disappointed you in any way. Prepare your child for the possibility of not making the team they desire and highlight the opportunities that will come in the season ahead.

#### SPRA Vision:

To be an amateur sport organization of choice that develops and inspires young athletes, fostering a lifelong commitment to Ringette, Team, and Community.

## **DON'T COMPARE YOUR ATHLETE TO OTHER PLAYERS**

- No two players are the same, and team selection involves many factors. Comparing your child to the best players on the ice could hurt their development. Give more attention to what they do well and what makes them a unique athlete.

## **IT'S OKAY TO ASK FOR FEEDBACK**

- If you have any questions about your child's development or something that happened on the ice during evaluations, wait until after tryouts to approach your Division Director.
- It's okay to seek feedback if your child does not make the level they wished. Speaking with the Division Director in a constructive way allows you to provide constructive feedback to your child.
- Remember that evaluation scores are only one factor that determine final placement. Registration numbers, player pathways, and Ringette Alberta tiering policies also impact team selection.

## **BRING THE RIGHT ATTITUDE**

- Encourage your child to do the best they can and to learn as much as possible. Your actions can have a great impact on how your child views the sport.
- Be constructive and positive when speaking to your child after evaluations.
- Sports are an opportunity to learn important life lessons. If they make their desired team, congratulate them and reinforce that success happens when hard work and dedication meet opportunity. If they do not make the team they desired, it is an opportunity to learn about acceptance, humility and perseverance, and to remember that it is the love of sport and team spirit that keeps athletes in the game.
- Enjoy this time with your child as it will be some of the best years and memories you will experience together.

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