

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Your Role as a Sport Parent



We all know that sport is important to the development of our children. As parents you are very influential in your child's life. You, along with your child's coach, are the most influential people in ensuring your child has a positive experience in sport. Here are a couple of simple tips that you can follow to help ensure your child gets the most out of their sport experience and that it is as positive as it can be.

1. Be a role model

- Encourage all participants, not just your own child.
- Don't overreact to the coach's or official's decisions.

2. Encourage your child and help them to develop self-esteem.

3. Emphasize fun and skill development.

4. Help your child to set personal goals.

5. Become actively involved in your child's sport:

- Offer to bring drinks or snacks.
- Volunteer to help coach.
- Offer to carpool.

