

# Game Day Tips



## BEFORE THE GAME

- Tell your child you are proud of him or her regardless of how well he or she plays.
- Tell your child to play hard and have fun. Remind him or her that it's okay to be nervous ("Nervous is normal").
- Make a commitment to yourself to Honor the Game no matter what others may do.

## DURING THE GAME

- Let the coaches coach. Avoid giving your child (or other players) advice during the game.
- Fill your child's (and teammates') Emotional Tank.
- Cheer good plays and good efforts by both teams.
- Mention good calls by the officials to others.
- Remember to have fun! Enjoy the day.

## AFTER THE GAME

- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.
- Let your child tell you about the game (avoid giving your post-game analysis unless asked). Ask open-ended questions:
  - "What was the most/least enjoyable part of the game?"*
  - "What did you learn from the game?"*
- Tell your child again that you are proud of him or her! (especially if the game didn't go well)

## WHAT IF

- The official makes a "bad" call against your team? Honor the Game\*
- Another spectator on your team begins to berate the official? (Remind them, nicely, to Honor the Game.)

\* Resist the urge to berate the official.