



10 Commandments for Sports Parents

On the way to the event....

- 1. Invite your child to set goals for that game: a physical goal, a mental goal, and a sportsmanship goal.**
- 2. Remind your child (and yourself) to have fun.**
- 3. Say a prayer with your child thanking God for the opportunity to play.**

At the event....

- 4. Be positive with all players, opponents, fans, coaches, and officials.**
- 5. Remain calm and in control of your words and actions.**
- 6. Take a deep breath and/or remove yourself from the environment if you grow angry.**
- 7. Applaud good play from both teams.**
- 8. Ask your child, "How do you think the game went?"**
- 9. Point out signs of sportsmanship shown in the game.**
- 10. Express your love for your child regardless of the the outcome of the game.**