

# Spring 2019

Parent Packet





## **CODE OF CONDUCT: *REVISED FALL 2016 EDITION***

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### **PLAYERS CODE OF PLAY:**

- Have fun and enjoy the game of soccer for yourself!
- Follow the 'Laws of the Game' during play.
- No foul language is permitted. Foul language will result in an immediate red card.
- Referee decisions are final, never argue or complain about a call on the field.
- Be a good sport by cheering all good plays, whether it's your team or your opponent's.
- In soccer as in life, treat all players as you would like to be treated.

### **PARENTS/SPECTATORS CODE OF CONDUCT:**

- Safety comes first; please position your seating area at least 1 yard from the sideline (touch line).
- Setup your seating area on the opposite side of the coach and players.
- Never setup your seating area directly behind the goals, or inside 10 yards from the goal line.
- Respect the referee at all times, never confronting/engaging a referee during game play.
- No foul language is permitted. Foul language will result in immediate removal from the fields.
  - *Referees may visit the sidelines during quarter/half breaks to ask if you have any questions.*
- During the games, always positively encourage your child/players and the opponent players.
- Do not solicit advice to the coach during game play or breaks during the game.
- No smoking on the fields during games or practices.
- No alcoholic beverages are allowed in the park at any time.
- Relax and enjoy the game!

*Failure to comply with this code of conduct may possibly result in the removal of the offending spectator(s). Play will be suspended until the offending spectator(s) leave the area of game play. Failure to respond to an official's request to leave within ten minutes may result in the game being permanently stopped. All ejections will be reviewed by the HSC Disciplinary Committee Board of Directors.*

### **HEAD COACH & ASSISTANT COACH CODE OF CONDUCT:**

- Coach volunteers will be required to attend age specific clinics as defined by HSC each season.
- For everyone's safety, remain at least 1 yard from the sideline (touch line) during game play.
- During game play, all coaches remain on their respective halves of the field between midfield and penalty area.
- Only 1 Head Coach and 1 Assistant Coach can be permitted on the sideline during game play.
- Prior to game start, take a moment to introduce yourself to the other coach(s) and the referee for the game.
- No foul language is permitted. Foul language will result in immediate removal from the fields.
- Respect the referee at all times, never confronting/engaging a referee during game play.
  - *Referees may visit the sidelines during quarter/half breaks to ask if you have any questions.*
- Explain the principles of the game when coaching, as shouting & bellowing at players is not acceptable.
- Remove any player becoming overly aggressive or disrespectful, giving them time to calm down.
- If a player receives a yellow card, the coach will immediately remove said player from the game. The player may return to the game at the next substitution opportunity.
- Hold a preseason meeting to address acceptable player, parent and coach code of conduct behaviors.
- Be the positive example for your team, your opponent and all parents and spectators alike during the game.

*Failure to comply with this code of conduct may possibly result in the removal of the offending spectator(s). Play will be suspended until the offending spectator(s) leave the area of game play. Failure to respond to an official's request to leave within ten minutes may result in the game being permanently stopped. All ejections will be reviewed by the HSC Disciplinary Committee Board of Directors.*

# Important Dates this season

*(You can find this on our website in the calendar.  
Click on agenda to view in similar format as below.)*

## Calendar Spring 2019

February	23	Creative Coaching
February	26	Coach's Meeting AGM
March	4	Practice Starts
March	16	Game 1
March	18/19	Game 2
March	30	Game 3
April	6	Game 4 Pictures DCP

April	13	Game 5 Pictures VPA
April	15/16	Game 6
April	22/23	Game 7
May	4	Game 8
May 6 wk	U10 - 19	Tournament
May	12	Game 8 U5-U8

Tournament:U10-U19 May 6th week. Games can occur Saturday, Mon, Tues and Thur.

# Hendersonville Soccer Club

## Recreational League Policies

### TRAFFIC AND PARKING

1. Do not stop and unload players on the road between the low water bridge and the back parking area. This impedes traffic flow and creates a potential hazard.
2. There is no parking anywhere along the road between the low water bridge and the back parking area.
3. There is no general public parking behind the concession buildings. All spaces posted are reserved.
4. Violators are subject to being ticketed and/or towed by the Hendersonville Police Department.

### FORMATION OF TEAMS:

1. The league goal is to form teams that have parity.
2. Players are rated by their coaches at the end of each season. These ratings are utilized to assign players to teams for the next season. The intent is to form teams that are balanced.
3. "Playing up" is not recommended by HSL. Players that desire to play up must have the approval of both Division Directors affected.
4. Permission may be granted by the Board of Directors to "play down" in special circumstances.

### TRADING PLAYERS:

1. Trading players after teams have been formed is avoided if possible. Circumstances do occur that makes trading necessary.
2. If a trade occurs, it can only be conducted by the Division Director.
3. If you are aware that trading has occurred in any other manner, please contact a HSL Board Member.

### UNIFORMS:

1. Players will be provided one jersey, shorts and one pair of socks. Players are responsible for their own shin guards, ball, and shoes.

### CASTS & JEWELRY:

1. Players may not participate wearing any hard cast. Referee approval for soft cast.
2. A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Jewelry shall encompass any hair accessories deemed dangerous by the referee.

### PLAYING TIME:

1. Each player must be provided the opportunity to play three quarters of a game before any other player is allowed to participate in the entire game. The goal of this league is for equal playing time for all players.

## LOST & FOUND:

1. An area is maintained at the concession building for this purpose.
2. Items not claimed within thirty (30) days are donated to the Goodwill.

## REFEREES

1. All referees are certified by USSF.
2. To become certified, a referee must attend sixteen (16) hours of instruction and pass a written examination.
3. To maintain certification, the referee must attend a minimum of five (5) hours of continuing education annually and pass a written examination.
4. The league is always in need of new referees. Please contact the referee assignor or a league representative if you are interested.

## RAINOUTS

### **Practices:**

- Call the City Sportsline, 264-5313 or go to [www.hendersonvilleparks.org](http://www.hendersonvilleparks.org)
- Download Rainout app - <https://rainoutline.com/subscribe/notify/6152051255/0>
- If the fields are closed, practices are cancelled. Practices will not be rescheduled or made-up later in the week.
- Check the HSC website for weather related information and text alerts.  
[www.hendersonvillesoccerclub.com](http://www.hendersonvillesoccerclub.com)

### **Games:**

- Games are rarely cancelled. If a game is cancelled, it will be done on the field, at game time.
- Players should report to the fields, ready to play their scheduled game.
- Only the President or his/her designee may cancel or reschedule games.
- If a 9:30am game(s) is cancelled, that **does not** indicate that later games are canceled. A decision is made for each scheduled time and field, based on weather and field conditions.

## **Lightning Safety Guidelines as recommended by US SOCCER (Alfred Kleinaitis)**

Apply the 30-30 rule:

- When you see lightning, count the time until you hear thunder. If this time is 30 seconds or less, seek proper shelter. If you can't see the lightning, just hearing the thunder is a good back-up rule. Wait 30 minutes or more after hearing the last thunder before leaving shelter.
- Shelter should be a fully enclosed, substantially constructed building. A vehicle with a solid metal roof and metal sides is a reasonable second choice for shelter. Avoid rain shelters, metal fences and metal bleachers and wide open areas. If you cannot avoid these locations crouch on the balls of your feet, with your head tucked into your chest and your hands over your ears.

No Lightning safety guidelines will give you 100% guaranteed safety but these steps help you avoid much of the risk associated with lightning.

## Concussion Safety:

In April 2013, Tennessee became the 44th state to pass sports concussion law designed to reduce youth sports concussions and increase awareness of traumatic brain injury. The legislation, [Public Chapter 148](#), has three key components:

1. To inform and educate coaches, youth athletes and their parents and require them to sign a concussion information form before competing.
2. To require removal of a youth athlete who appears to have suffered a concussion from play or practice at the time of the suspected concussion.
3. To require a youth athlete to be cleared by a licensed health care professional before returning to play or practice.

Both public and private school sports and recreational leagues for children under age 18 that require a fee are affected by the new law. The law covers all sports. The following website contains all the resources coaches, youth athletes and parents need to fulfill the intent of the law. <http://health.tn.gov/tbi/concussion.htm>

In order to provide further information: The NFHS has developed a free 20-minute course online entitled "Concussion in Sports–What You Need to Know." The course may be accessed at [www.nfhslearn.com](http://www.nfhslearn.com)

## CARDIAC ARREST SAFETY

In compliance with Tennessee Code Annotated Section 68-54-101, TSSA has adopted policy, guidelines, and forms as developed by the Tennessee Department of Health (TDH) to inform and educate coaches, athletes, and their parents or guardians of the nature, risk and symptoms of sudden cardiac arrest.

[Tennessee Law: Public Chapter 325](#)

## ABUSE AWARENESS

S.534 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 – Federal passed in 2018 to prevent the sexual abuse of minors and amateur athletes by requiring the prompt reporting of sexual abuse to law enforcement authorities. This also includes bullying, harassment, and hazing. Training is required for coaches. HSC will send an email to coaches with the link to complete this training.

# Hendersonville Soccer League

## Rules of Play

Whereas the Hendersonville Soccer League is affiliated with the United States Soccer Federation, league games will be played according to FIFA Laws of the Game unless otherwise specified in these Rules of Play.

### Law 1 - The Field of Play:

- Field size may be modified by the Board of Directors to meet the needs of a given division.
- Coaches are to remain on their respective halves of the field between the midfield line and the penalty area line and one yard from the touchline or within the technical box, if present.
- Spectators are to remain two yards from the touchlines.
- No Coaches, Players, or Spectators are allowed behind the goal line.
- There may be only one head coach and one assistant coach on the team side of the field during games.

### Law 2 - The Ball:

- The game ball is provided by the home team at the beginning of the game. The home team is listed first on the schedule.
- Ball size #3 will be used in U4, U5, U6, U7, U8 divisions.  
Ball size #4 will be used in U9, U10, U12 divisions.  
Ball size #5 will be used in U14 and older divisions.

### Law 3 - Number of Players:

- The minimum number of players required for 8v8 is Six, for 7v7 is Five, for 6v6 is Five, 4v4 is Three.
- If the minimum number of players is not present fifteen (15) minutes after game time, the game is a forfeit for record purposes. The players present should be divided into teams and the match played.
- All players must play three quarters of a game, before any player plays the entire game. No playing time will be lost for any reason. The goal of Hendersonville Soccer Club is equal playing time for each player including playing time both offensively and defensively for the player.
- In U10 and above, teams may sub at goal kicks, own throw-in, scores, injury (equal number for each team if desired).
- In an U10 through U18 match, no one player will play goalkeeper more than one half.
- In the U4 division, one coach per team may be on the field for every game.
- In the U5 through U6 divisions, one coach per team may be on the field for the first two games.

### Law 4 - Players Equipment:

- Players will not be allowed to practice or play in games with a cast, even if it is padded.

### Law 7 - Duration of the Match:

- Matches will be divided into two equal halves. Each half is divided into two quarters, but the quarters do not have to be equal in time.
- In the U4 through U7 divisions, each half is divided into two quarters, but the quarters do not have to be equal in time. The quarter break is called at a stoppage of play approximately half way into the half. Stoppage of play could be a throw-in, corner kick, goal kick, after a score or after an injury.
- The quarter interval will be two (2) minutes.
- Half time interval is 5 minutes.  
U4 to U7=16 minute halves, U8=15 minute period & game is 3 periods, U9-U10=25 min. halves,  
U12=30 min. halves, U14-U18=35 min. halves

#### Law 11 - Offside:

- Offside will not be called in an Under 8 match or younger.

#### Law 12 - Fouls and Misconduct:

- If a player plays the ball while on the ground, this will be deemed as playing in dangerous manner.
- In all divisions, no slide tackling is allowed. It is a cautionable offense.

#### Law 13 - Free Kicks:

- All Free Kicks in the U8 and younger divisions will be indirect kicks.
- When a free kick is awarded in an Under 8 division match or younger within the penalty area, the kick shall be taken at the point of the penalty area line, which runs parallel to the goal line at the point nearest to where the infringement occurred.
- Minimum distance for all opponents from the ball during a Free Kick: U6 or younger = five yards, U10 or younger = eight yards.

#### Law 14 - Penalty Kick:

- A penalty kick will be awarded only in the U9/10 division and older.

#### Law 16 - Goal Kick:

- A goal kick will be taken anywhere within the penalty area in the Under 8 division and younger.
- The defending team will be in its own half and cannot move into their opponent's half until the ball is put into play.

#### Law 17 - Substitutions:

- U8 and Below - Substitutions will be made at any stoppage of play with referee permission.
- U10 and Above - Substitutions will be made under the following provisions:
  - Where: At halfway line
  - How: With referee permission
  - When: 1. Goal kick  
2. Your throw in  
3. After a goal  
4. Injury (equal number of subs)



**\*POLICY\***  
**DEALING WITH COMPLAINTS**  
**REVIEWED, MAY 01, 2002**

Numerous types of complaints are registered with league officials during the year. The following guidelines will provide direction in handling these complaints.

1. The complaint must be in writing and include the signature of the individual registering the complaint.
2. The written complaint will be directed to the Hendersonville Soccer League Board of Directors for action. The letter can be given to a board member or mailed to the league address. The league address is:

**HENDERSONVILLE SOCCER CLUB**  
**P.O. BOX 1122**  
**HENDERSONVILLE, TENNESSEE 37077-1122**

In the event that immediate action must be taken, the Executive Committee may respond, and act for the Board.

3. Complaints directed toward coaches, referees, players, league officials, or parents will be handled as follows:
  - a) The Board will send a letter to the individual detailing the complaint **THE ORIGINAL LETTER OF COMPLAINT WILL NOT BE SENT, A NEW LETTER WILL BE DRAFTED** The letter will ask them to reply to the Board with any comments concerning the allegations. Their reply must be received within seven (7) days following the mailing of the letter from the Board.
  - b) The Board will consider the complaint along with the reply from the implicated individual.
  - c) The Board will decide what action if any is warranted.
  - d) The Board will provide feedback concerning the outcome and any actions taken to the parties involved. The feedback will be in written form and be mailed seven (7) days after the next regularly scheduled board meeting.
  - e) The league secretary will maintain the written complaint, reply from the accused, and the Boards written reply.

# Hendersonville Soccer Club Board of Directors

## Spring 2018 Season

Role	Volunteer	E-mail Address
<b>Executive Officers</b>		
President	Todd Szymanski	<a href="mailto:pres@hendersonvillesoccerclub.com">pres@hendersonvillesoccerclub.com</a>
Vice President	Jose Montero	<a href="mailto:vp@hendersonvillesoccerclub.com">vp@hendersonvillesoccerclub.com</a>
Secretary	Helena Upchurch	<a href="mailto:secretary@hendersonvillesoccerclub.com">secretary@hendersonvillesoccerclub.com</a>
Treasurer	Julie Scudder	<a href="mailto:treasurer@hendersonvillesoccerclub.com">treasurer@hendersonvillesoccerclub.com</a>
<b>Administration</b>		
Referees	Benji Davis	<a href="mailto:referee@hendersonvillesoccerclub.com">referee@hendersonvillesoccerclub.com</a>
Registrar	Julie Scudder	<a href="mailto:registrar@hendersonvillesoccerclub.com">registrar@hendersonvillesoccerclub.com</a>
Uniforms and Trophies	Jose Montero	<a href="mailto:uniforms@hendersonvillesoccerclub.com">uniforms@hendersonvillesoccerclub.com</a>
Concessions	Helena Upchurch	<a href="mailto:concessions@hendersonvillesoccerclub.com">concessions@hendersonvillesoccerclub.com</a>
Director of Coaching		<a href="mailto:doc@hendersonvillesoccerclub.com">doc@hendersonvillesoccerclub.com</a>
Publicity	Open	<a href="mailto:pub@hendersonvillesoccerclub.com">pub@hendersonvillesoccerclub.com</a>
Webmaster	Bill Buren	<a href="mailto:webmaster@hendersonvillesoccerclub.com">webmaster@hendersonvillesoccerclub.com</a>
<b>Division Directors</b>		
U5 Boys	Bob Wade	<a href="mailto:u5bdd@hendersonvillesoccerclub.com">u5bdd@hendersonvillesoccerclub.com</a>
U5 Girls	Brian Ohning	<a href="mailto:u5gdd@hendersonvillesoccerclub.com">u5gdd@hendersonvillesoccerclub.com</a>
U6 Boys	Lee Smith	<a href="mailto:u6bdd@hendersonvillesoccerclub.com">u6bdd@hendersonvillesoccerclub.com</a>
U6 Girls	Katey Daugherty	<a href="mailto:u6gdd@hendersonvillesoccerclub.com">u6gdd@hendersonvillesoccerclub.com</a>
U7 Boys	Marianne Staley	<a href="mailto:u7bdd@hendersonvillesoccerclub.com">u7bdd@hendersonvillesoccerclub.com</a>
U7 Girls	Windi Klemme	<a href="mailto:u7gdd@hendersonvillesoccerclub.com">u7gdd@hendersonvillesoccerclub.com</a>
U8 Boys	Forrest Antique	<a href="mailto:u8bdd@hendersonvillesoccerclub.com">u8bdd@hendersonvillesoccerclub.com</a>
U8 Girls	Richard Pembridge	<a href="mailto:u8gdd@hendersonvillesoccerclub.com">u8gdd@hendersonvillesoccerclub.com</a>
U10 Boys	Keith Gunter	<a href="mailto:u10bdd@hendersonvillesoccerclub.com">u10bdd@hendersonvillesoccerclub.com</a>
U10 Girls	Bill Buren	<a href="mailto:u10gdd@hendersonvillesoccerclub.com">u10gdd@hendersonvillesoccerclub.com</a>
U12 Boys	Mike Bertotti	<a href="mailto:u12bdd@hendersonvillesoccerclub.com">u12bdd@hendersonvillesoccerclub.com</a>
U12 Girls	Shelly Edwards	<a href="mailto:u12gdd@hendersonvillesoccerclub.com">u12gdd@hendersonvillesoccerclub.com</a>
U15 Boys	Ben Yarbrough	<a href="mailto:u15bdd@hendersonvillesoccerclub.com">u15bdd@hendersonvillesoccerclub.com</a>
U15 Girls	Craig Shelley	<a href="mailto:u15gdd@hendersonvillesoccerclub.com">u15gdd@hendersonvillesoccerclub.com</a>
U19 Coed	Raymond Brody	<a href="mailto:u19bdd@hendersonvillesoccerclub.com">u19bdd@hendersonvillesoccerclub.com</a>

# What Makes A Nightmare Sports Parent -- And What Makes A Great One

Wednesday, February 15, 2012 8:20 pm

Written by: Steve Henson

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, speaking at colleges, high schools and youth leagues to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown (pictured below at podium), a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out ...

*"Why did you swing at that high pitch when we talked about laying off it?"*

*"Stay focused even when you are on the bench."*

*"You didn't hustle back to your position on defense."*

*"You would have won if the ref would have called that obvious foul."*

*"Your coach didn't have the best team on the field when it mattered most."*

And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.

Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,' " Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong.

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. ... Now, how about that homework?"

## FIVE SIGNS OF A NIGHTMARE SPORTS PARENT

Nearly 75 percent of kids who play organized sports quit by age 13. Some find that their skill level hits a plateau and the game is no longer fun. Others simply discover other interests. But too many promising young athletes turn away from sports because their parents become insufferable.

Even professional athletes can behave inappropriately when it comes to their children. David Beckham was recently ejected from a youth soccer field for questioning an official. New Orleans radio host Bobby Hebert, a former NFL quarterback, publicly dressed down LSU football coach Les Miles after Alabama defeated LSU in the BCS title game last month. Hebert was hardly unbiased: His son had recently lost his starting position at LSU.

Mom or dad, so loving and rational at home, can transform into an ogre at a game. A lot of kids internally reach the conclusion that if they quit the sport, maybe they'll get their dad or mom back.

As a sports parent, this is what you don't want to become. This is what you want to avoid:

- **Overemphasizing sports at the expense of sportsmanship:** The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial -- especially when things aren't going well on the field.
- **Having different goals than your child:** Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down "getting a scholarship" or "making the All-Star team" probably need to adjust their goals. "Athletes say their parents believe their role on the team is larger than what the athlete knows it to be," Miller says.
- **Treating your child differently after a loss than a win:** Almost all parents love their children the same regardless of the outcome of a game. Yet often their behavior conveys something else. "Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning," Brown says.
- **Undermining the coach:** Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious.
- **Living your own athletic dream through your child:** A sure sign is the parent taking credit when the child has done well. "We worked on that shot for weeks in the driveway," or "You did it just like I showed you" Another symptom is when the outcome of a game means more to a parent than to the child. If you as a parent are still depressed by a loss when the child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

## FIVE SIGNS OF AN IDEAL SPORTS PARENT

Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

- **Cheer everybody on the team, not just your child:** Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.
- **Model appropriate behavior:** Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.
- **Know what is suitable to discuss with the coach:** The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.
- **Know your role:** Everyone at a game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide." Here's a clue: If your child seems embarrassed by you, clean up your act.
- **Be a good listener and a great encourager:** When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.

And, of course, don't be sparing with those magic words: "I love watching you play."

-- *Steve Henson is a Senior Editor and Writer at Yahoo! Sports. He has four adult children and has coached and officiated youth sports for 30 years.*