



## 10 Commandments for Volleyball Parents

- 1** Let your children know that win or lose, you love them unconditionally.
- 2** Show them you are pleased that they chose to play sports and accept all the challenges that come with trying to better themselves in practices and games. Let them know that you understand how hard it is to constantly put themselves on the line in front of peers and spectators.
- 3** Be completely honest about your child's ability, attitude, and sportsmanship.
- 4** Let your children live their own lives - try not to re-live your athletic life through your children. Don't pressure them to shine for your own ego.
- 5** Coach attitude, but don't coach skill. Leave that to the team coaches.
- 6** Don't compete with the coach. You each have different roles to fill; leave them theirs and work on your own. Remember, "it takes a village to raise a child."
- 7** Never compare the skill, athletic ability, or attitudes of your child with other members of the team.
- 8** Know your child's coach. Because of the special circumstances of a coach-player relationship, the coach has tremendous potential to influence your child. Be aware of the coach's philosophy, attitudes, ethics, and knowledge.
- 9** Always remember that children tend to exaggerate both when praised and when criticized. If a situation warrants following through, investigate quietly before overreacting.
- 10** Be proud that your child has chosen to participate rather than spectate, to do and not only dream, to risk stumbling and rise to try again. Be supportive and encouraging; congratulate them when they succeed on their own.