



**I pledge** to use positive words to fill my child's 'emotional tank' – because children do their best when their 'emotional tank' is full. I understand the top three reasons kids play sports are to have fun, to make new friends and to learn new skills. I will encourage my child to have fun and keep sport in its proper perspective.

**I pledge** to be on time to practices and games. I understand it may be uncomfortable for my child to be late – and that he/she needs adequate time for warmup. Being punctual shows respect for the coach – and it tells my child he/she is my top priority. I also understand I am to stay during practices and games.

**I pledge** to refrain from shouting instructions to my child – because instructing the players is the coach's job. I understand there is a lot to process during a game – and children are trying to respond to opponents, teammates and coaches. I understand I may volunteer to coach, if I would like to instruct the players. If I do not volunteer to coach, I will limit my comments during the game to words of encouragement and celebration for my child and other players for both teams.

**I pledge** to 'honor the game'. I will show respect for the game including the coaches, players, opposing fans and officials. I understand coaches, players and officials make mistakes. If the official makes a 'bad call', I will honor the game – and I will refrain from any negative remark. I will act in a sportsmanlike manner and make every effort to foster a friendly atmosphere.

**I pledge** to refrain from making any negative comments about the program, game, coaches, teammates or officials in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience.

**I pledge** to redefine what it is to be a 'winner' in my conversations with my child. I understand 'winners' are people who strive to do their personal best. I understand mistakes are an inevitable part of any game and an opportunity to learn. I understand all children are born with different abilities – and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self.