

## 10 Guidelines for being a Positive Player-Parent

1. Cheer your player on. Be supportive of her, console her, but do it without judging her, the coach, or teammates.
2. Many things will aggravate you that do not even faze your player. Do not make something into an issue if it is not an issue.
3. Encourage your child to seek her own answers. Coaches respect players who come to them and privately question their playing time or role; it immediately indicates they want more.
4. Understand the rules of the game and the coach's philosophy. Substituting in volleyball has consequences.
5. Do your physical part as a parent. Get your child to practice on time and pick her up promptly. Demonstrating responsibility and commitment can be incredibly effective.
6. Positions and talent sometimes do not match up. Coaches attempt to do what is best for the team, putting the best physical mix and the best "chemistry" on the floor. That may mean that sometimes your daughter may be playing out of position in an attempt to "strengthen" the team. A positive spin by you can go a long way in helping your child adjust to a new role. Stay POSITIVE, and watch your child flourish.
7. If you have real concerns, and your player has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach and have your child attend with you (you may not be hearing the whole story — a common occurrence). If you are trying to resolve a problem, help your player by being a role model in the problem solving procedure.
8. Never approach a coach with complaints after a tough game. Wait and schedule a visit after everyone cools off. Most coaches are highly competitive, and just like players, do not like to be confronted after tough games.
9. Please think before criticizing anyone connected with your daughter's club or team. Criticism is contagious and often hurtful. The damage you do could be irreversible.
10. Visibly show that you enjoy watching your child perform; this will make her feel better about individual participation, no matter what.