



## Prime Athlete's 10 Guidelines for Sports Parents

As parents we all want the best for our student-athletes. According to Prime Athlete Newsletter, there are 10 Guidelines we should all follow when raising a Student-Athlete. These guidelines (if followed) will allow your student-athlete to have a positive youth sports experience.

1. Realize it's not about you, it's about them. Do not live your own sports dreams through your student-athletes. It's their turn now. Let them make their own choices, both good and bad.
2. You should **never** talk to a coach about your student-athletes play time after a game. Actually you never should. You should have your student-athlete do that. That said, if you just can't help yourself, send an email the next day and ask for some phone time.
3. Never yell at referees. They are trying. How would you like it if someone came to your job and screamed at you? Stay focused on encouraging your team!
4. Do NOT coach your student-athlete from the sideline. Your job is to be a cheerleader, not a coach. If you wanted to coach, you should have gotten the education to do so.
5. It is EXTREMELY UNLIKELY you are raising a college or professional athlete. So relax, let them have a good time and learn the lessons they are supposed to be learning in sports.
6. **Young people should play the sport that is in season through high school.** Cross training prevents injuries and burnout.
7. If you have nothing nice to say, sit down and be quiet. Don't be **"that"** parent.
8. If you are losing your mind on the sideline of a game, it's time to look in the mirror and figure out why. It's not normal to care that much about sports. Put that energy into something more productive.
9. **Let them fail.** Forgotten equipment, not working out, not practicing at home? Let them suffer the consequences of that. It will make them better. Failure is a requirement for personal growth. They must learn through the experience of failing in sports and life.
10. **Remember your student-athletes are watching you. Make them proud, not embarrassed.**

**Sequoyah is a PLACE where:**

**Players Play the Game**

**Coaches Coach the Game**

**Officials referee the Game**

**Parents, Family, Friends and Students Cheer for the EAGLES!**