



## Ten Guidelines for Being a Positive Player-Parent:

- **Cheer your daughter on, be supportive** of her, console her, but do it without judging her, her coach, or her teammates.
- **Many things will aggravate** you that do not even faze your daughter. Do not make something into an issue if it is not an issue.
- **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.
- **Understand the rules of the game** and the coach's philosophy. Substituting in volleyball has consequences.
- **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.
- **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 her adjust to a new role. Stay positive, and maybe she will flourish.
- **If you have real concerns,** and your daughter has unsuccessfully attempted to work things out with her 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 child by being a role model in the problem solving procedure.
- **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.
- **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.
- **Visibly show that you enjoy watching your daughter perform;** this will make her feel better about her participation, no matter what her role is.