

Parent Sideline Checklist

Supporting a young athlete means supporting both performance and wellbeing.

Before the Game

- Encourage effort and preparation
 - Avoid adding extra pressure
 - Remind your athlete to have fun
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During the Game

- Cheer for effort and teamwork
 - Avoid coaching from the sidelines
 - Stay positive and supportive
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After the Game

Ask questions like:

- What did you enjoy today?
- What did you learn?
- What are you proud of?

Avoid focusing only on winning or mistakes.

Remember

Confidence grows when athletes feel supported, not pressured.