

Introducing the ELM Tree of Mastery to Your Child

AT THE START OF THE SEASON, LET YOUR CHILDREN KNOW THAT:

- You will always be proud of them as long as they give 100% effort (regardless of the outcome on the scoreboard).
- You want them to constantly strive to learn and improve. This involves them comparing their own past performance to their own current performance (i.e. Are they better than they were two weeks ago?).
- Mistakes are an inevitable part of the game. If they are giving 100% and trying new things (as they strive to improve), mistakes are bound to occur, and the best players are those who find ways to quickly bounce back from mistakes.
- Teams that focus on giving their full effort, constantly learning and improving, and bouncing back from mistakes, actually win more than teams who consistently focus on the scoreboard.
- You want your child to focus on the ELM Tree of Mastery (Effort, Learning and Mistakes) because players who do this well are less anxious during competition and have a greater sense of confidence in themselves and their abilities.



For more valuable Responsible Parenting resources and information on how to earn a \$2,500 Community Grant or Responsible Coaching Award, visit Liberty Mutual's Responsible Sports™ program at ResponsibleSports.com.