

**2. Surviving Try-Outs** Your daughter is trying out for a team she really wants to make. Tryouts are coming up, and she seems nervous. As a Second-Goal Parent, what should you do?

Tryouts are tough on players and parents. They are also a great opportunity to put one's values into action. For example, if you have talked with your athlete about the virtues of being a Triple-Impact Competitor, encourage her to embody these characteristics during the try-out period. For example, if she sees a great play by another player trying out, she can compliment her on it. She can also fill E-Tanks of others who get down or make mistakes.

Every coach wants players on his team who work hard to get better, and most coaches also appreciate players who make their teammates better and who won't lose their cool in a tough situation. So, while it is good for our society to have many Triple-Impact Competitors graduating from high schools across this country, it may also help make your daughter a more desirable team member to the coach.

Given that your daughter wants to make this team so badly, she is likely going to feel nervous independent of you, but it never hurts to remind her that she doesn't have to do anything to make you proud of her.

"I know you really want to make this team, and I hope you do. But it won't be the end of the world if you don't, and I certainly won't be disappointed in you if you don't."

Fear of failure often can constrict a player's performance. It may help to ask her before the try-outs begin if she can accept not making the team. Being okay with not making the team can free her up to give her best effort to make the team rather than trying to not get cut. "You may not make the team. Can you accept that you might give it your best effort and still not make the cut? If so, then you have nothing to fear."

Reinforce the ELM Tree of Mastery (see Chapter 6) by telling her that she is a winner in your books if she gives her best Effort, continues to Learn and improve and doesn't let Mistakes or fear of mistakes stop her. If she has learned a mistake ritual (see page 37), remind her to use it whenever she makes a mistake during the try-outs. "Remember to flush away any mistakes so you can focus on the next play."

You may want to address fear directly. "Just about all great athletes get nervous before a big competition. If you don't have a little fear, you're likely to be flat. Remember, nervous is normal."

Finally, if you have a good story about a time when you were nervous about making the cut in sports or elsewhere in life, you might want to share that story with your child, especially if it has a positive ending!

# THE HIGH SCHOOL SPORTS PARENT

Developing Triple-Impact Competitors



By Jim Thompson



BETTER ATHLETES  
BETTER PEOPLE

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