

## PARENT'S CODE OF CONDUCT PORTLAND SOCCER CLUB AND RICHLAND PARK

I will not criticize referees.

A number of our referees are young and learning how to officiate much as your child is learning to play. Voice any issues or comments to the Head Referee on duty at the field! Don't say anything to a referee that you would not want a stranger saying to your child.

I will not "Sideline Coach".

It is very difficult to teach children the game, foster a competitive spirit and deal with unruly or demanding parents. Please try to be a cooperative, helpful parent that supports the coach and the team. Also please refrain from being a "Sideline Coach". Do not sit behind goals, on the player's side of the field or pace the sidelines shouting instructions. If you need to coach, we need volunteers to coach each season!

I will encourage my player and the rest of the players on the team.

Let's pump up all the players so they'll have the time of their life playing. Keep comments positive and the results will be too! I will emphasize to my child that soccer is a "Team Sport". One player or player does not win or lose the game. Winning is "Team Work".

I will address any problems quietly and only with my team coach. Arguing or questioning the coach in public is detrimental to getting a successful resolution and sets a bad example for the players.

I will emphasize that good athletes strive to be good students.

I will set a good example of sportsmanship for the children. Yelling at players on the field, coaches or referees shows great disrespect for soccer and sets a poor standard of sportsmanship. It is the coach's job alone to discuss any problems occurring before, during or after the game with the proper authorities.

I will make an effort to be on time to all games and team practices. A commitment to the team is important. Plus plenty of time should be allowed on game days for proper warm-ups to help avoid dangerous injuries. If you cannot make it, please try to make alternate arrangements for getting your player to the game or contacting the coach.

Parental Support - The Key to Peak Performance. The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. Let the coaches coach: Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.

2. Support the program: Get involved. Volunteer. Help out with fundraisers, carpool; anything to support the program.

3. Be your child's best fan: Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
4. Support and root for all players on the team: Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. Do not bribe or offer incentives: Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. Encourage your child to talk with the coaches: If your child is having difficulties in practice or games, or cannot make a practice, etc., encourage them to speak directly to the coaches. This responsibility taking is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
7. Understand and display appropriate game behavior: Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
8. Monitor your child's stress level at home: Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
9. Monitor eating and sleeping habits: Be sure your child is eating the proper foods and getting adequate rest.
10. Help your child keep his priorities straight: Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.
11. Reality test: If your child has come off the field when his team has lost, but he has played his best, help him to see this as a win. Remind him that he is to focus on process and not results. His fun and satisfaction should be derived from striving to win. Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
12. Keep soccer in its proper perspective: Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child's experience.
13. Have fun: That is what we will be trying to do! We will try to challenge your child to reach past their comfort level and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to! Reminder: Your children are just beginning to learn the game of soccer. Please be supportive and encourage them, at this age they just want to have fun. If you have any questions or concerns, please don't hesitate to contact a Board Member.