

Here are some things you need to know! I

#I Thank you for all you do behind the scenes!

Please don't live your high school sports career through me.

Get to know the other parents, their kids are my teammates.

Enjoy watching the game as much as I do playing it.

Playing time is never equal, but I want to play anyway.

I am trying my best.

Please learn the rules.

Sometimes I don't want to talk about the game.

Know That I love you!

Thank you for getting me interested in sports!

In November of 2019, the Western Maine Conference held a Student–Athlete Summit. 127 student-athletes, representing 16 different schools, were in attendance. Part of the day, students were broken into working groups of 5-6, and were asked to provide the information needed for this brochure. They were given four guiding questions. The student-athletes knew what the title of the brochure would be and that their parents were the target audience.

The information gathered that day was compiled into this document. As parents and spectators you are encouraged to read the information and reflect upon the material with your student-athlete.

Please listen to our athletes!!

SPORTS ARE MY THING!

An Athlete's Guide to their Parents



WHY DO YOU PLAY SPORTS?

#1 FUN

#2 Allows me to feel like I belong

Friends

Keeps me involved

Keeps me in shape

Competition

Helps me manage time

Relieves stress

Learn some life lessons

Love the sport

To be remembered for something

Confidence

Builds character

What do your parents do that really bothers you?

#1 Yell at the refs, players or other fans!

#2 Coach from the bleachers

Speak poorly of my coach and/or teammates

Coach me at home

Tell me I did well when I didn't

Try to talk to me before a game

Watch practices

Go to the coach or school behind my back

Think back to when you played and compare my coach to yours

Get involved in the "drama"

What do your parents do that you really appreciate?

#1 They are there to watch me

#2 Listen and allow me to take action without interfering

Bring snacks for the team

Host or help with team dinners

Transportation

Invest in good equipment

Cheer for my teammates

Allow me to fail

Double check I have everything before I head out the door on game days

Are involved in the Boosters Club