

## ARE THERE OTHER THINGS PARENTS SHOULD KNOW?

ALWAYS BE SUPPORTIVE OF MY EFFORTS

PLEASE DON'T RELIVE 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

BE AN APPROPRIATE SPECTATOR

PLAYING TIME IS NEVER EQUAL, BUT I WANT TO PLAY ANYWAY

SUPPORT MY DECISION TO NOT PLAY CERTAIN SPORTS

I WILL ASK FOR YOUR HELP WHEN I NEED IT

KNOW THAT I LOVE YOU!

THANK YOU FOR GETTING ME INTERESTED IN SPORTS!

In November of 2013, the Western Maine Conference held a Student Athlete Leadership Summit. 136 student-athletes attended, representing 17 different high schools. Part of the day, we were broken into working groups of 5-6, and were asked to provide the information needed for this brochure. We were given four guiding questions, we knew the title of this brochure, and ... that our parents were the target audience.

The information gathered that day was compiled and is the basis for this document. As parents and spectators, we encourage you to read the information and reflect upon the material with your student athlete.

***Please listen to what WE, the student athletes of the WMC, have to say!***

# SPORTS ARE MY THING!

## An Athlete's Guide for Parents



## WHY DO YOU PLAY SPORTS?

#1 & #2 appeared in every groups list

### #1 FUN

### #2 FRIENDS

KEEPS ME INVOLVED

KEEPS ME IN SHAPE

COMPETITION

HELPS ME MANAGE TIME

ALLOWS ME TO FEEL LIKE I BELONG

RELIEVES STRESS

LEARN SOME LIFE LESSONS

LOVE THE SPORT

TO BE REMEMBERED FOR SOMETHING

CONFIDENCE

BUILDS CHARACTER

## WHAT DO YOUR PARENTS DO THAT YOU REALLY APPRECIATE?

### #1 THEY ARE THERE TO WATCH ME

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

LISTEN AND ALLOW ME TO TAKE ACTION WITHOUT INTERFERING

ARE INVOLVED IN THE BOOSTERS CLUB

## WHAT DO YOUR PARENTS DO THAT REALLY BOTHERS YOU?

### #1 YELL AT THE REFS, PLAYERS OR OTHER FANS!

COACH FROM THE SIDELINES

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"