



## Parent Code of Conduct

Parents are expected to conduct themselves at all times in a manner which is consistent with the ideals of the Maranacook Travel Soccer Club and not bring discredit upon the Club. The role that parents play in the life of a soccer player has a tremendous impact on their experience. As a parent/guardian, I agree to:

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 fund raisers, car-pool; anything to support the program.
3. **Be your child's best fan:** Support your child unconditionally. Do not withdraw love when your child doesn't perform to your (or their) expectations. 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. **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 can't 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:** Respect the judgment of the referee and do not criticize the officials. Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, and act appropriately. To perform to the best of their abilities, players need to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, aggressiveness, and what the game is presenting them). If they start focusing on what they cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), they will not play up to their ability. If they hear a lot of people telling them what to do, or yelling at the referee, it diverts their 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:** Accept the results of the game: encourage your child to be gracious in victory and to turn defeat into victory by working towards improvement. 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 developing as a player first and foremost and "striving to win" a distant second.
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!
14. **Act appropriately on the sidelines:** Coaches are responsible for the actions of their players on and off the pitch as well as for the player's parent's actions on the sidelines. Please do not put the coach, or any other Maranacook Travel Soccer Club official, in a position where they must speak to you about inappropriate behavior on the sidelines.