



Illinois FC

Tips for Dealing with Tryouts and Outcomes

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“Sportsmanship, Character, Development”



It is important to discuss tryouts with your children. Please tell them that teams change from year to year and players can move up, down, or stay at the same level. In addition, players develop at different rates and new players enter the club, which may impact placement and team rosters. Tryouts can be tough not only for the players, but for their parents and coaches as well. Parents may find it difficult to console a child who has failed to make the team they wanted. However this disappointment and adversity can also be a useful life lesson and preparation for circumstances many will face as adults, such as college applications, auditions or job interviews. ***So how do we as responsible sport parents help kids manage this process and stay positive regardless of the outcome?***

Understand the process and talk to your child before and after tryouts:

Illinois FC Tryout Process for player evaluation and placement:

- Returning Illinois FC Players are evaluated by their coaches and the DOC/ADOC throughout the year, as well as during tryouts to determine the appropriate team placement.
- New Players trying out for the club will be evaluated during the 2 days of tryouts.
- All Players are evaluated utilizing the T.I.P.S. evaluation criteria: Technique, Insight, Personality, and Speed.

During Tryouts:

- Have Fun! Laughing, having fun and learning new things can all be part of tryouts. Regardless of the outcome, kids should have a good time during the tryouts themselves. Laughter can also really help young athletes let go of stress and stay relaxed. Players play their best soccer when they are having fun.
- Focus on Effort- As your child enters the tryout process you might remind them that they can't control the outcome (what team they make or whether they make the team or not). What they can control is their effort and attitude. Remind your child to give maximum effort at all times and to focus on their own effort as opposed to what other athletes are doing.

After Tryouts:

- Stay Positive- Help kids manage the tryout process by staying positive regardless of the outcome.
- Players Develop at Different Rates- Discuss with your child that each year is a new year. Players develop at different rates (physically, technically, and tactically) and reach their potential at different times. Thus, team placements may change from year to year.
- “You’re The Kind of Person” Statements can really help kids manage the disappointment of not making the team. “I know it means a lot to you, but you’re the kind of person who doesn’t give up easily”. Or “You’re the kind of person who doesn’t let setbacks stop you from playing the game you love”. Use these statements to help shape your athlete’s self image in the face of disappointment and to begin planning how to move beyond that disappointment.

Tryouts are never easy; on athletes, coaches and parents alike! But with a little planning by both coaches and parents, and a mind toward protecting our kids’ self-esteem and self-worth, we can together create an environment that fosters learning valuable life lessons.