



## **TRY- OUT ADVICE**

### **1. STAY RELAXED AND POSITIVE**

Whether you realize it or not, your body language, what you say and how you say it can greatly influence a kid. If you are visibly stressed, your child could feel extra pressure to perform well on the ice and not disappoint you.

Always remain positive throughout the entire tryout process. Acknowledge your child's effort through verbal and physical cues; a quick comment like "good job" or "well done" or a pat on the back can go a long way in your child's confidence. You do not need to critique the tryout, your job as a parent is to be a support system for your child.

Encourage your child to have fun. If your child is having fun and treating the tryout like a normal practice or game, their positive attitude will translate into their on-ice play, therefore, giving them a better chance at making the team.



## **2. YOU CAN HELP THEM PREPARE**

Don't do it all by yourself and kids need to learn responsibility. Be a helping hand before leaving for the rink. Whether making a meal or helping to pack their equipment, being there to help support your child can ease their mind and help them focus on getting mentally prepared for the tryout. Doing this will make it one less thing the player has to worry about.

## **3. KEEP IT IN PERSPECTIVE**

This isn't the end of your child's hockey and if your child doesn't make the team they want, it doesn't mean they can't play hockey and have a great time this season. Focus on the positives and improvements that have been made since last year and know that these skills will continue to develop. Not only does your child want to make the team but they want to make you as their parent proud. Whether your child makes the team or not, do not let them feel like they have disappointed you in anyway as this can affect their self-esteem.

## **4. DON'T COMPARE THEM TO OTHER PLAYERS**

No two players are the same and comparing your child to the best players on the team could hurt their development. Give more attention to what they do well. Not everyone can be the top scorer on the team. Everyone has a job and a skill set that contributes to each team's makeup and foster that role. Wondering why your child isn't as skilled or doesn't play more than another kid only hurts the experience of watching them play sports.



## **5. BRING THE RIGHT ATTITUDE**

Encourage your child to do the best they can and to learn as much as possible. Always stay positive and remember that this is never the end of the road. If a child isn't having fun, they won't want to keep playing hockey and nobody wants that. Your actions can have a great impact on how your kid views of the sport. Be constructive and positive when speaking to your child after tryouts. If they made a mistake, they will learn from it. Their skills will only get better as time goes on. Take this opportunity to teach your child life lessons and life skills whether they make the team they want or not. If they make the team congratulate them and let them know it was because of their hard work and dedication. If they do not make the team teach them the lessons of acceptance, humility and perseverance.

## **6. KNOW YOUR NEXT STEPS**

Prepare your child for the possibility of not making the team and never fear failure. Being overly optimistic puts extra pressure on your child and if they do not make the team it can be devastating for them. Remind them there is still an opportunity to learn and continue developing their skills to enjoy the current season.

Regardless of the outcome, enjoy this time with your child as it can be some of the best years you will experience together. Good luck throughout the tryout process to all of our Jackson Youth Hockey Players!!!



Credit to Tom Bly/Eric Ballard