

- 1. Remember that children participate in sport for their enjoyment, not yours.
- 2. Encourage children to participate; do not force them.
- 3. Focus on your child's efforts and performance rather than whether they win or lose.
- 4. Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- 5. Never ridicule or yell at a child for making a mistake or losing.
- 6. Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- 7. Support all efforts to remove verbal and physical abuse from sporting activities.
- 8. Respect officials' decisions and teach children to do likewise.
- 9. Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- 10. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

