



Fair Play Agreement

For the Player

I/We _____

AGREE TO:

- *Always play by the rules
- *Never argue with an official. When a call is disputed, I will let the coach or team handle it
- *Remember that I am playing because I enjoy the sport. Winning is fun, but so are many other aspects of sport
- *I should never berate my opponent by trash talking, taunting, or showboating
- *Work at achieving my personal best and not get discouraged if it is not the best. There will always be better and lesser players than me
- *Show appreciation for good players and good plays, even by opponents
- *Control my temper and not show-off
- *Play fairly at all times

Signature

Date

For the Parent

I/We _____

AGREE TO:

- *Remember that young athletes should always play for **their** fun
- *Teach my young athlete that honest effort is just as important as winning
- *Provide plenty of encouragement to my young athlete because that's the best way to help him/her learn
- *Encourage all sportsman-like behavior
- *Applaud the volunteer effort of coaches and officials
- *Remember that young athletes will only remember what we teach them. Fair play and good sportsmanship begin at home.

Signature

Date

FACT SHEET

- 1) *70% of young athletes drop out of sports before they are 13.**
=>When asked why...they cite pressure as the most overriding reason for dropping out
- 2) *62% of Long Island High School athletes feel that “trash talking” is part of the game.***
- 3) *15% of parents at youth sports events display obnoxious, unruly and unsportsman-like behavior.***
- 4) *19,000 members of the National Association of Officials are now offered assault insurance.****
- 5) *74% have seen out-of-control adults at games*****
- 6) *36% cite embarrassment as the main emotion felt while witnessing bad adult behavior*****
- 7) *37% have witnessed parents yelling at young athletes*****
- 8) *27% have seen parents yelling at coaches and officials*****

=>These facts make it clear! WE as sports coaches/parents need to rethink our approach to the youth sports experience

**The Institute of Study Of Youth Sport, Michigan State University*

***Athletes Helping Athletes, Inc.*

****National Alliance for Youth Sports*

*****Sports Illustrated for Kids*

SPORTS LEADERSHIP INSTITUTE

INTRODUCTION

Questions coaches & parents should continually ask themselves.....

***Do youth coaches and parents understand the young athlete's limitations and needs?*

***Do youth coaches and parents know what it takes to support and encourage the young athlete to advance in youth sports?*

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Youth Coaches & Parents Should Remember...

No matter how well the young athlete plays a sport, you should learn that there are specific stages young athletes, including teenagers, go through.

Each stage is unique and within each age group.....physical growth, development and learning sports skills occur in sequence because the young athletes are building on them as they move through the youth sports experience.

Knowing the young athlete's capabilities makes it more likely for you to offer support and encouragement.

Process Over Event!

- ⇒ *We as coaches and parents often tend to focus on the event rather than preparation*

- ⇒ *The process of preparation to become a better player and teammate is more important than the event itself.*

Life Lessons Inherent In Sport

- ⇒ *Continually remind ourselves of the life lesson our young athlete should take out of his/her athletic experience, i.e. teamwork, goal-setting, etc.*

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10 Top Tips for Sports Parents

- 1) The necessary first step to being a good sports parent is to recognize that we are all potentially a part of the problem***

When my son is cross-checked and there is no call, I feel like exploding in anger at the perceived danger my son was exposed to. As sports parents we need to anticipate these circumstances that makes our young athletes vulnerable and prepare ourselves not to lose control.

- 2) The focus of youth sports should be the life lessons learned from the athletic experience***

The value of working as a team...the short term goal-setting inherent in practices...and the discipline necessary to master a technique are examples of the true value of sport and the essence of the youth sports experience.

- 3) The support and encouragement of your young athlete should be your primary role***

Everybody, but especially young athletes, respond favorably to positive feedback

- 4) Understand how profound (and potentially stressful) the youth sports setting is for your young athlete***

A) We at The Sports Leadership Institute and Athletes Helping Athletes often train high school, college, Olympic and professional athletes to speak before various audiences on their meaningful athletic experiences. Invariably, 60 to 70% of their stories will include examples of their youth sports experiences.

B) Heartbeat

- 5) Educate yourself on the physical and emotional development of your young athlete***

Never underestimate the limits of the different stages of child development. This is important when it comes to coaching and teaching.

6) **Think “Sports for Life” as the theme for your young athlete’s sports experience**

Sports For Life is new mantra for academic physical education. It refers to the lifelong health benefits of athletic involvement versus the status participation provides as a youth.

7) **Teamwork As A Life Skill — Perhaps the greatest life skill to be learned from sports is the ability to work with others. Inherent are the diversity lessons that relate to gender and racial tolerance. Don’t undermine this by contrasting the skill levels of your young athlete’s teammates or opponents.**

8) **Citizenship. The communal responsibilities of teamwork directly relates to those of citizenship.**

(PE Statement)

9) **Gender/Gender Equity(?) Where else have we learned more about the injustices of past social stereotypes than sports and athletic?**

Highlight gender equity through women’s growing prominence.

10) **The primary model for your young athlete is YOU! It’s not Michael Jordan Mia Hamm or Derek Jeter...it’s YOU! You should never forget that you are modeling behavior for your young athlete and it is always important to remain positive and upbeat!**

Did you ever notice how many of your characteristics your youngsters mimic? It’s a lesson about how carefully they are watching.