

POSITIVE SPORTS PARENT/CAREGIVER PLEDGE

At Positive Coaching Alliance we are committed to creating a positive sports experience for athletes so they can learn and develop new skills on and off the field, grow as competitors, and have fun. Parents/Caregivers play an integral role in creating this positive sports experience by supporting their athletes, their athletes' coaches, and the team community. We ask that all parents/caregivers commit to the following:



INITIAL EACH
LINE BELOW:

✓ I COMMIT TO SUPPORTING MY ATHLETE

- I will align my goals with my athlete's goals through a collaborative, supportive conversation to ensure we're on the same page.
- I will support the mental wellness of my athlete by asking open ended questions, approaching conversations with empathy and understanding, and providing any support they may need.
- I will help my athlete develop skills with a growth mindset by:
 - Praising effort and growth over results
 - Framing mistakes as learning opportunities

✓ I COMMIT TO SUPPORTING MY ATHLETE'S COACH

- I will support the coach in developing my athlete's life skills and leaving the tactics, strategy, and winning to players and coaches.
- I will set an example for my athlete by modeling dignity at all times. If I disagree with an official's call, I'll acknowledge their humanity and stay silent.
- I will use a self-control routine to help me better respond to challenging situations.
- I will model this for my athlete using one of these three strategies:
 - Taking a deep breath
 - Turning away from the game to refocus
 - Counting to 10 in my head
- I will refrain from using negative comments about the coach in my athlete's presence to avoid putting them in the middle.

✓ I COMMIT TO SUPPORTING THE TEAM COMMUNITY

- I will actively support the other parents/caregivers on our team by fostering a sense of belonging, building connections, and offering help when they need it.
- I will learn the preferred names of all of the athletes on the team so I can celebrate their successes and provide encouragement.

PRINT ATHLETE'S NAME

PARENT/CAREGIVER SIGNATURE

SPORTS DONE RIGHT CHANGES LIVES

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