

# 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:

## **I Commit to Supporting my Athlete**

**Initial Each  
Line Below:**

**I will align my goals with my athlete's goals through a collaborative, supportive conversation to ensure we're on the same page.**

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**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.**

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**I will help my athlete develop skills with a growth mindset by:**

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- 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.**

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**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.**

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**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:**

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- 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.**

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## **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.**

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**I will learn the preferred names of all of the athletes on the team so I can celebrate their successes and provide encouragement.**

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PRINT ATHLETE'S NAME

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PARENT/CAREGIVER SIGNATURE

