

PARENT GUIDE TO SUPPORTING STUDENT ATHLETES

HELP THEM GROW IN SPORTS. HELP THEM GROW IN LIFE.



Your support matters more than you know.

What you say, do, and believe can shape your athlete's confidence, mindset, and love for the game.

YOUR ROLE IS POWERFUL

You are your athlete's biggest influence—on and off the field. Focus on what they can control, celebrate effort and growth, and help them navigate challenges with confidence and resilience.



WHAT ATHLETES NEED MOST FROM PARENTS



LOVE

Unconditional support



ENCOURAGEMENT

Belief in their effort



PATIENCE

Grace during struggles



STABILITY

Calm, consistent presence



PERSPECTIVE

Help them see the big picture

WHAT TO FOCUS ON



EFFORT OVER OUTCOME

Praise hustle, attitude, and improvement—not just wins. Help them value hard work over the scoreboard.



MENTAL WELL-BEING

Check in on how they're feeling, not just how they played. Normalize ups and downs.



THE PROCESS

Help them set goals, stay committed, and trust the process—even when it's tough.



RESPECT & CHARACTER

Encourage respect for coaches, teammates, opponents, and officials. Character always comes first.



BALANCE

Support a healthy balance of sports, school, rest, friends, and family.

WHAT TO SAY (AND WHAT TO AVOID)



SAY THIS...

- ✓ "I'm proud of how hard you worked."
- ✓ "I love watching you compete."
- ✓ "What did you learn today?"
- ✓ "You handled that tough moment well."
- ✓ "I'm here for you, win or lose."
- ✓ "Keep trusting your training and believing in yourself."



AVOID SAYING...

- ✗ "You have to win."
- ✗ "Why did you mess up?"
- ✗ "You're not playing your best."
- ✗ "You let the team down."
- ✗ "I could do that better."
- ✗ "What's wrong with you?"
- ✗ "Don't get hurt."

DURING THE GAME



BE POSITIVE

Cheer for effort, good plays, and teamwork.



LET THEM PLAY

Coaches coach. You cheer. Let them lead.



STAY CALM

Your energy impacts their experience.



RESPECT EVERYONE

Model class. Talk positively about all players, coaches, and officials.

DURING THE TOUGH TIMES



LISTEN FIRST

Let them talk. Don't rush to fix it.



VALIDATE FEELINGS

It's okay to feel disappointed or upset.



REFRAME IT

Help them find the lesson and keep moving forward.



REMIND THEM OF THEIR WHY

Revisit their goals and what they love about the game.

PARENT SELF-CHECK

AM I...

- Encouraging my athlete's effort?
- Listening without jumping in?
- Avoiding pressure and unrealistic expectations?
- Supporting their mental well-being?
- Respecting the role of the coach?
- Helping them enjoy the journey?



**Progress, not perfection.
Connection, not pressure.**



REMEMBER

They may not remember every game, but they will remember how you made them feel. Be their biggest fan, not their biggest critic.

*Build them up today.
Help them become who they're meant to be.*