

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

# Top Ten Things A Parent Should Know!



Physical activity stimulates growth and leads to improved physical and emotional health. Today, research shows that the importance of physical activity in children is stronger than ever. But sport, not just exercise, gives a child more than just physical well-being; it contributes to a child's development both psychologically and socially. Being the parent of a child in sport requires far more attention, time, and commitment than just driving them to their practices and games. The primary goal of parents and coaches is to help children find the success in sport they need to make them feel valued and wanted. Here are the top ten things you as a parent should know.

## **Your child' coach:**

- 1) Is trained and/or certified through the Coaching Association of Canada's National Coaching Certification Program (NCCP),
- 2) Encourages all participants,
- 3) Promotes fair play and acts as a role model,
- 4) Lets everybody play,
- 5) Ensures everyone is having fun,
- 6) Kocuses on teaching the fundamentals and not on winning,
- 7) KNOWS the sport and is prepared for practices,
- 8) Communicates clearly with participants, parents, and officials,
- 9) Gives specific instructions to your child to ensure that he/she understands.

## **And finally, if you believe your child's coach has behaved unethically:**

- 10) Talk to the coach first. Then inform the other parents. Finally, notify the convenor if the coach does not change his/her behaviour.

