Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign and return this form to your child's coach or any appropriate representative of our organization.

In keeping with PCA’s ideal of the Double-Goal Coach® – who has a goal of winning and an even more-important goal of teaching life lessons through sports – I will be a Second-Goal Parent®, focused on the goal of using sports to teach life lessons, while leaving the goal of winning to players and coaches.

I will use positive encouragement to fill the Emotional Tanks of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the “ELM Tree of Mastery” with my child (E for Effort, L for Learning, M for bouncing back from Mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum Effort
- help my child Learn through sports
- urge my child to get past Mistakes by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by Honoring the Game, respecting ROOTS (Rules, Opponents, Officials, Teammates, and Self). If I disagree with an official’s call, I will Honor the Game and be silent.

I will use a Self-Control Routine to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk (“I need to be a role model. I can rise above this.”)

I will refrain from negative comments about my child’s coach in my child’s presence so that I do not negatively influence my child’s motivation and overall experience.

I will be as prompt as possible dropping my child off and picking my child up from practices and games.

I will engage in No-Directions Cheering, limiting my comments during the game to encouraging my child and other players (from both teams).

PRINT ATHLETE’S NAME PARENT’S SIGNATURE

For more Resources, visit: www.PCADevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org

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