

CJSA Parent's (Spectator) Code

Naugatuck Youth Soccer is made up of parents so we know some of the problems and concerns that parents have. We have set up this web page just for you.

The Club is made up of many volunteers and we need as much help as we can get to be successful.

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

- **Let the coaches coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your child to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for them and their performance usually declines.
- **Support the program:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program. We are always looking for coaches and team parents so please don't hesitate to volunteer.
- **Be your child's best fan:** Support your child unconditionally. Cheer no matter what. Always give the children 100% support on and off the field.
- **Support and root for all players on the team:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
- **Do not bribe or offer incentives:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
- **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.
- **Understand and display appropriate game behavior:** Remember, your child's self-esteem and game performance is at stake. Be supportive, cheer, be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, aggressiveness, what the game is presenting them). If he starts focusing on what he cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
- **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.

- **Reality test:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
- **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
- **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!