

# SCYFA PARENT & SPECTATOR GAME DAY EXPECTATIONS

Game day is an opportunity for fun and excitement, and it's a chance to make happy memories with your child. Remember, the game is for your child, not for you. If you relax and just enjoy yourself while supporting your kid and their team, then EVERYONE is likely to have a great day!

Here are some parental do's and don'ts for game day:

## DO:

- Cheer loudly for your child (be their best fan), for every player on your child's team
- Celebrate great plays, regardless of who makes them
- Be supportive of the coach and ref and their decisions
- Be positive, if you don't have anything good to say just don't say anything!
- Be a great role model, behave in a way you would want others to behave towards you or your child
- Encourage teamwork, good sportsmanship and fair play
- Make sure your child knows how proud you are of them no matter what
- Be fully present in what's happening so your child sees that you're truly there for them

## DON'T:

- Criticize the coaching or officiating (this is not your job)
- Complain to anyone about what you think is going wrong in the game
- Coach your child – or any of their teammates - from the sidelines (unless you'd like to distract them and contribute to poor play)
- Focus your child or their team on the importance of winning at any cost
- Encourage selfish or unfair play
- Be negative towards anyone, or even just fuming within yourself
- Be argumentative with other parents, the refs, or Think you know it all (sorry, but you don't)
- Get loud, angry, or abusive (you only embarrass and distract your child when you do)
- Use alcohol or drugs before or during the game
- Yell at or harass your child's opponents
- Get physical with other parents, coaches, or players
- Tie your child's self-worth with winning or losing (they are great kids regardless of this game)
- Live your life vicariously through your child and their sport
- Get distracted with your phone, work, or anything that isn't just watching the game