

TOP TEN



Things Parents can do to raise healthy athletes....

1. Be a good Role Model.
2. Honor the Process.
3. Praise Kids in public-be specific.
4. Mistakes are opportunities to learn.
5. Watch your body language as well as your language.
6. Respect the officials/coaches. Let them do their jobs.
7. Remember that they are kids.
8. Remember that youth sports is not a babysitting service
9. Listen.
10. Help them to be a good winner and help Them to be a good loser.