

COLD SPRING HARBOR SCHOOLS
COLD SPRING HARBOR JR. /SR. HIGH SCHOOL
Office of the Director of Physical Education and Athletics

May 2012

OBSERVATION & COMMENT FROM THE DIRECTOR

VARSITY PLAYOFFS FOR SPRING SPORTS BEGIN SOON....

The Spring Tournament Information page has been updated and made available online at <http://www.nassauboces.org/site/Default.aspx?PageID=603>.

If you have any questions, please feel free to contact me directly.

FOR YOUR VARSITY SPORT OF CHOICE...GO TO ATHLETIC PROGRAMS ON OUR WEBSITE AND LOOK TO THE LEFT FOR "BRACKETS"...CLICK ON BRACKETS...THEN SCROLL DOWN TO SPRING SPORTS...

WE ARE CLASS B IN BASEBALL. CLASS C IN GIRLS LACROSSE AND BOYS LACROSSE...AND CLASS C IN SOFTBALL

TRACK AND FIELD...GO TO TOURNAMENTS AND GO TO SPRING...FOR TRACK AND FIELD...

BIG TRACK MEET @ host COLD SPRING HARBOR-Div. 4B Track Event on 5/14

VARSITY CREW ON A WAVE....."ROW HARD" IS THEIR

MOTTO...

MERCER LAKE RESULTS:

Boys light weight four took second place

Avery Cohen
Christian McGeough
James "Buck" Andrews
Will Saffran
Peter Hubble

The Crew team made waves this weekend @ Bayshore Regatta

First Place Varsity Mixed 8+
Second Place Varsity Mens 4+ Lt Weight
Third Place Mens Varsity 4+
Third Place Women's Varsity 8+

Way to go!!!!!!!

BAYVILLE REGATTA-THIS WEEKEND

Crew team will be racing at Long Island championship at Centre Island on Sunday May 6 the good luck
Row Strong Row Hard

Coaches, and fellow Lacrosse friends,

America's first mainstream lacrosse movie, *CROOKED ARROWS* is a family-friendly PG movie with thrilling lacrosse action and a storyline that acknowledges the game's proud heritage. As members of the lacrosse community, we at Crooked Arrows ask if you can help spread the word about the movie. The best way for you to use your considerable influence to help support CROOKED ARROWS is simply to **"copy & paste"** the message below (there's helpful links embedded to theaters, group sales, etc.) onto a clean email and push it out to your entire network -- including coaches, teams, players (past & present), families, LaxMoms & LaxDads, and even lacrosse-friendly businesses. Feel free to customize the message. And please ask your respected peer group to do the same with their networks, too. **SEE PHOTO ATTACHED**

SPRING SPORTS DOING VERY WELL: VARSITY BASEBALL HAVING A GREAT YEAR. GIRLS AND BOYS LACROSSE HAVING EXCELLENT SEASONS... VARSITY GIRLS SOFTBALL GETTING READY FOR PLAYOFFS.. HAVING A SOLID YEAR... VARSITY BOYS AND GIRLS TRACK PUTTING UP RECORD TIMES, HEIGHTS AND DISTANCES.... for up to date scores and highlights go to newsday.com...

SOME INTERESTING ATTACHMENTS:

BASEBALL ARTICLE for *BASEBALL ENTHUSIASTS...* by Mike Matheny, the new St. Louis Cardinals Manager...

Parent Guide from Jack Renkens, our CSH HS Guest speaker at Spring Code of Conduct... especially #5

"Avoid Playing Up Article"... Perhaps if some else speaks to this topic it will make sense of what I have been trying to say for the last 13 years...

"TALKING TO KIDS ABOUT ALCOHOL"

Kelly Anne Sherlock earns another prestigious award from Nassau Sports Commission along with Wally Szczerbiak who was inducted into the Long Island Sports Hall of Fame at same event.

RESPECTFULLY SUBMITTED. Jim Amen Jr.

And always this one:

"It is the choices that make us who we are and we can always choose to do what is right".....and Quote of the Month below:

"Champions aren't made in the gyms. Champions are made from something they have deep inside them -- a desire, a dream, a vision." - Muhammad Ali

JOIN THE TRIBE

CROOKED ARROWS

A PECK ENTERTAINMENT / BRANDO PICTURES ENTERTAINMENT PRODUCTION IN ASSOCIATION WITH THE ONONDAGA NATION AND SPORTS STUDIO • STEVE BASH FILM BRANDON ROUTH "CROOKED ARROWS" CRYSTAL ALLEN
CHRISLA KICKETT DEANUS AARAL with GIL BROWNSHAW and introducing PRITTI SHU • PALME BAYNE'S CSA with VIRGINIA JOHNSON • RICHIE RALSTON and BANNY CAPRETTI BART LUCHANI "SPECIAL SPEECH"
JESSE DANIEL SPOURDY • JAMAR DONADO • JAMAR TILG NEW POWERS EDNE STEVENS IN MORIAM MARCOS JACOBS VIDEO • "SHERMAN MARSHALL MURPHY and the YOUNG STEPHEN BRACKETT"
THE CROOKED ARROWS CAST: JEFF JEFFREY MCCORMACK BRANDON ROUTH • J. TODD BARRIS MITCHELL PECK ADAM LUFF • J. TODD BARRIS and DINO TODELL • "CROOKED ARROWS"
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Talking to Kids About Alcohol

One of the most important discussions parents can have with their children is a discussion about alcohol. Parents are often wary of such a discussion, fearing if they come on too strongly when discussing the dangers of alcohol that their children might be too curious about alcohol to avoid it.

As difficult a discussion as it can be, parents must have an open dialogue with their kids about alcohol, and the sooner the better. The Century Council, a not-for-profit organization devoted to fighting drunk driving and underage drinking, notes that 39 percent of eighth-graders, 58 percent of 10th-graders, and 72 percent of 12th-graders have reported trying alcohol at least once. To parents, such figures only highlight the importance of talking to kids about the dangers of alcohol and why it's best to avoid alcohol until it's legal to drink it.

The National Institute on Alcohol Abuse and Alcoholism (www.niaaa.nih.gov) offers the following tips to parents who are ready to discuss alcohol with their child.

Make it a conversation. Adults don't like to be lectured to and neither do kids, especially teenagers. When discussing alcohol with a child, parents should make it a conversation and avoid lecturing. Kids will be more comfortable during a conversation and are more likely to open up if they are comfortable.

Talk to kids about their views on alcohol. The aforementioned statistics indicate that kids, even those who have never tried alcohol, are likely aware of it. Ask kids what they know

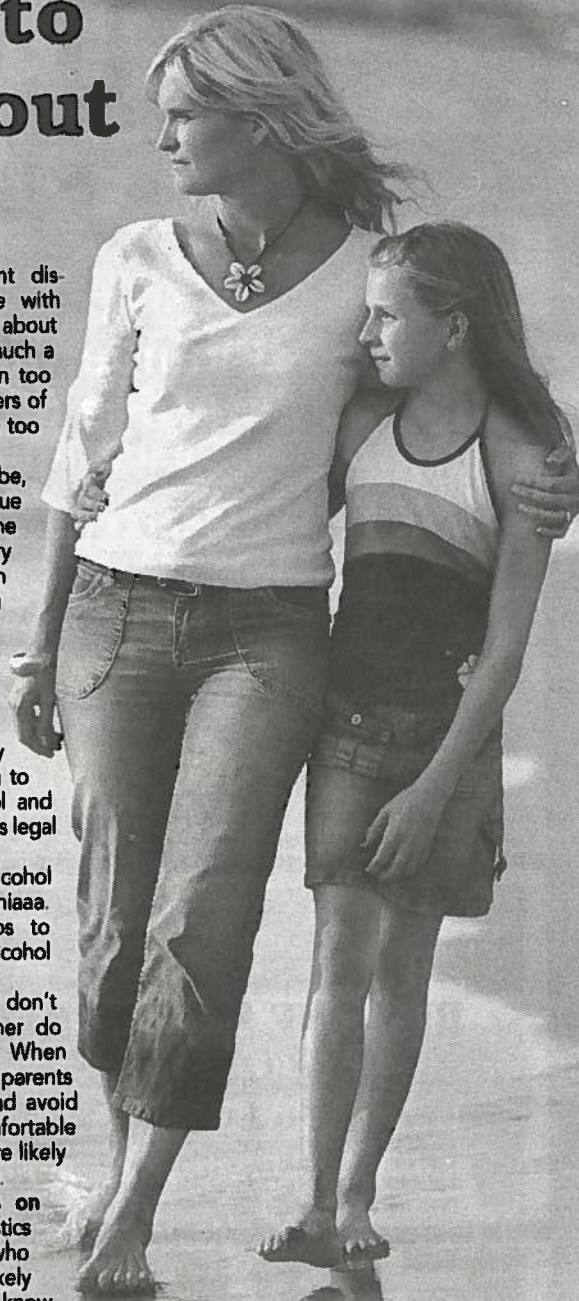
about alcohol and how they feel about drinking and why they think kids drink before they're legally allowed to do so. Listen closely, and be careful not to interrupt. Doing so will help kids recognize that their parents value and respect their opinions.

Share some facts about alcohol. Misinformation reigns with respect to alcohol, and adults and children alike are often prone to believing certain myths. However, when discussing alcohol with kids, parents should share some facts to help dispel some of the more common misconceptions about alcohol, including:

- Beer and wine is just as dangerous as hard liquor. A 12-ounce beer and a 5-ounce glass of wine has the same amount of alcohol as a 1.5-ounce shot of liquor. Kids might feel they will be fine if they just consume beer and not hard liquor, but beer is no less safe than liquor, especially when consumed in mass quantities.
- It takes hours for a single drink to leave a person's system. Common "remedies" like a cold shower or a cup of coffee do not force alcohol out of the body. On average, it takes 2 to 3 hours for a single drink to exit a person's system.
- Alcoholism isn't just for adults. Kids often feel alcoholism can only develop in adults. However, kids can develop serious alcohol problems as well, and the earlier a person starts drinking alcohol, the more likely he or she is to develop such a problem.

Discuss false portrayals of alcohol consumption. Many kids start drinking alcohol because they feel it's "cool" to do so. Parents can dispel this popular myth by pointing out the falsehoods about alcohol promoted on television, in the movies and in advertisements. When watching a movie or television show with kids where drinking is portrayed, point out certain falsehoods that are commonly portrayed. For example, explain to kids that characters in the movies or on television are often portrayed as having a great time while drinking, when in reality alcohol often elicits feelings of sadness or anger.

Explain the longterm effects of drinking alcohol while young. Alcohol affects a young brain in different ways than it does an adult one. In an effort to explain to kids why they should wait until they are legally allowed to drink, explain that drinking while the brain is still maturing can lead to long-lasting intellectual effects, which can impact how well kids are able to do in school and beyond. — MC



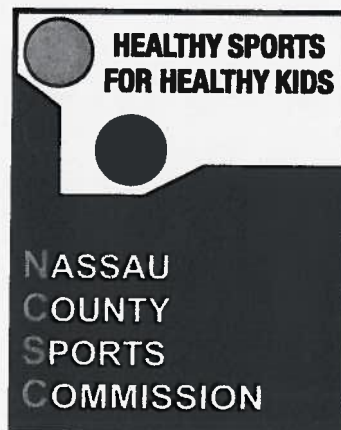
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"Salute to Champions"
Awards Dinner*

**May 1, 2012
The Woodlands**

**KELLY ANNE SHERLOCK – Cold Spring Harbor High School
High School Outstanding Achievement Award**



Kelly Anne Sherlock has proven herself as a leader in all of her endeavors at Cold Spring Harbor High School. Athletically, Kelly Anne leads her teams as a three-sport captain of the varsity lacrosse, winter track & field and soccer teams. On the lacrosse field, she was selected to play for Long Island Metro Team of the US Lacrosse Women's Division National Tournament and contributed as an alternate in the Long Island Empire State Games team. She was also All-County and All-Conference. Kelly Anne has been honored as a winter track two-time All-County runner in the 4x400 meter relay, All-Conference in the 1000-meter and is the school record holder in the 4x200, 4x400 and 4x800 meter relays. As Captain of the soccer team she has contributed to three consecutive Nassau County Class B

Championships and led her team to a Long Island Championship and the State Semi-Finals. She was awarded the Positive Coaching Alliance Triple Impact Competitor Scholarship and named the News 12-Capital One Bank Scholar Athlete of the Week.

In the classroom, Kelly Anne has maintained a 4.0 GPA, is an AP Scholar with Distinction and a National Merit Scholar Commended Student. She is a captain of her school's Tournament Debate Team and is a three-time competitor in the State Debate Championship Tournament. She also holds office as Student Government Executive Treasurer and National Honor Society Vice President.

Kelly Anne feeds her passion for helping others through *Splashes of Hope*, an organization which paints uplifting murals in pediatric hospital wards to facilitate healing. To expand *Splashes'* volunteer base, Kelly Anne founded the "Splash Club" at Cold Spring Harbor High School which assisted with designing and completing murals and volunteering at charity art shows and festivals. She also serves as a lector and Eucharistic Minister at her parish's teen mass each week. Kelly Anne will be playing lacrosse for the Yale University Bulldogs this fall.

**WALLY SZCZERBIAK – NBA All-Star
Hall of Fame Inductee**



Wally was born in Spain while his father Walter, a former ABA player, was playing for the Real Madrid Basketball Team. When Walter retired, he moved his family back to his native Long Island, where Wally attended High School in Cold Spring Harbor. He competed for the Long Island team in the 1997 Empire State Games.

Szczerbiak starred on the basketball court during his four years attending Miami (Ohio) University. He averaged 17.6 points per game and 6.3 rebounds per game during his collegiate playing career. He was also the second player in school history to surpass 1,500 points, 500 rebounds and 200 assists. As a senior, he was named second team All-American by the Associated Press and MAC Player of the Year. He was also a finalist for Naismith, Wooden and Robertson awards.

In 1999 Wally was drafted sixth overall by the Minnesota Timberwolves, where he earned NBA All-Rookie First Team honors. He was selected to the NBA All-Star Game in the 2001-2002 season. He averaged 15.38 points per game throughout his career with Minnesota. He later played for the Boston Celtics, the Seattle SuperSonics and the Cleveland Cavaliers. When his playing days came to a close after the 2009 season, Szczerbiak became a basketball analyst for CBS College Sports.



Avoid Playing Up

Main article by Dr. Richard D. Ginsburg, Ph.D., Co-Director, MGH Sports Psychology Program and Paces Institute

Your daughter just turned eight. She's been playing lacrosse for a year now and every time she plays, she is the best player on the field. The U11 coach suggests that she moves up to play for her team. Your son is a very tall and strong 12-year-old boy who plays midfield. The coach from the travel team says that if your son wants to be serious about lacrosse, he should strongly consider playing at the U15 level where he can play with more talented players and experienced coaches.

When we hear that our child is "special" or "talented," it can stir a broad range of emotions. "Wow, my kid is really special! ... of course she is; we've got great genes!" "Maybe my child really has the potential to play at the college level." These thoughts and ambitions for our children can be very powerful and even seductive at times. Our child's sport success can validate us as parents in some primal fashion while also offer for child an even brighter and more accomplished career in sports than we had, from which we take pleasure. And, it can be simply a joy to see our children embrace their sport accomplishments.

Playing up can also generate concerns such as: "I worry that she or he might get hurt." Or, "I worry that he is not ready to be exposed to older kids? Maybe the older kids will invite my son to parties where there is alcohol, and he's not ready for that." Based on these various perspectives, how do we decide what is right for our child?

As a general rule, particularly for prepubescent, elementary school kids, it is extremely important that they develop friendships. As we have discussed in previous newsletters, friendships and competency development (skills of learning the game, etc) are the two most critical objectives of latency (ages 6-12). Playing up often places our children into new groups of older kids. They may see their friends less and feel less connected to what may have been a very supportive social network. In effect, the new and allegedly improved schedule and atmosphere can potentially alienate our kids from their long-standing, critically important friendships.

There are other risks such as burnout and injury. More serious and competitive play for a young athlete has the potential to transform the game from fun to a job. With less fun, there is a risk for burnout. Practice times and game schedules are likely longer and more intense. When our children play with bigger, stronger and faster kids, they are placing greater stress on their developing bodies, increasing the risk for injury. In particular, youth have more growth cartilage than adults, making them more vulnerable for injury. Fusion of bones in the elbows and shoulders can occur in later adolescence, making playing up at a young age, a greater risk for fractures or potential growth impediments.

All of this said, there are still arguments made for playing up. "My child is so big that he might hurt the other kids on his team if he isn't playing up." Or, "I worry my child may quit the game of lacrosse because she is so much better than everyone else, that she is getting bored." Or, "Why wouldn't you give your child a chance to see how good they can be and play for a more demanding program and knowledgeable coach?"

These are compelling statements and may be true for a select few, but given the risks mentioned above, it is generally a safer course to avoid playing up. For those bigger, more talented athletes, staying with their peers and learning how to be the best player and a leader can be a life-long asset for a developing

young person. They can learn how to make others around them better, so that when they are surrounded by better players as they grow older, they are well prepared to be a versatile, team player.

Developing talent is a delicate balance of meeting athletic demands within a strong and supportive environment. In our culture that celebrates a win-at-all cost mentality and the drive for immediate gratification, we may actually be positioning our children to be better and more balanced athletes over time if we keep them engaged in their own peer groups until they reach the high school age when their bodies and minds are more able to handle the greater demands of more competitive play.

Mike Matheny is the new St. Louis Cardinals Manager. Mike coached his kids after retirement and this is a letter to the parents on his team.

Letter from Mike Matheny.....

I always said that the only team that I would coach would be a team of orphans, and now here we are. The reason for me saying this is that I have found the biggest problem with youth sports has been the parents. I think that it is best to nip this in the bud right off the bat. I think the concept that I am asking all of you to grab is that this experience is ALL about the boys. If there is anything about it that includes you, we need to make a change of plans. My main goals are as follows:

- (1) to teach these young men how to play the game of baseball the right way,
- (2) to be a positive impact on them as young men, and
- (3) do all of this with class.

We may not win every game, but we will be the classiest coaches, players, and parents in every game we play. The boys are going to play with a respect for their teammates, opposition, and the umpires no matter what.



With that being said, I need to let you know where I stand. I have no hidden agenda. I have no ulterior motive other than what I said about my goals. I also need all of you to know that my priorities in life will most likely be a part of how I coach, and the expectations I have for the boys. My Christian faith is the guide for my life and I have never been one for forcing my faith down someone's throat, but I also believe it to be cowardly, and hypocritical to shy away from what I believe. You as parents need to know for yourselves and for your boys, that when the opportunity presents itself, I will be honest with what I believe. That may make some people uncomfortable, but I did that as a player, and I hope to continue it in any endeavour that I get into. I am just trying to get as many potential issues out in the open from the beginning. I believe that the biggest role of the parent is to be a silent source of encouragement. I think if you ask most boys what they would want their parents to do during the game; they would say "NOTHING". Once again, this is ALL about the boys. I believe that a little league parent feels that they must participate with loud cheering and "Come on, let's go, you can do it", which just adds more pressure to the kids. I will be putting plenty of pressure on these boys to play the game the right way with class, and respect, and they will put too much pressure on themselves and each other already. You as parents need to be the silent, constant, source of support.

Let the record stand right now that we will not have good umpiring. This is a fact, and the sooner we all understand that, the better off we will be. We will have balls that bounce in the dirt that will be called strikes, and we will have balls over our heads that will be called strikes. Likewise, the opposite will happen with the strike zone while we are pitching. The boys will not be allowed at any time to show any emotion against the umpire. They will not shake their head, or pout, or say anything to the umpire. This is my job, and I will do it well. I once got paid to handle those guys, and I will let them know when they need to hear something. I am really doing all of you parents a favor that you probably don't realize at this point. I have taken out any work at all for you except to get them there on time, and enjoy. The thing that these boys need to hear is that you enjoyed watching them and you hope that they had fun. I know that it is going to be very hard not to coach from the stands and yell encouraging things to your son, but I am confident that this works in a negative way for their development and their enjoyment. Trust me on this. I

am not saying that you cannot clap for your kids when they do well. I am saying that if you hand your child over to me to coach them, then let me do that job.

A large part of how your child improves is your responsibility. The difference for kids at this level is the amount of repetition that they get. This goes with pitching, hitting and fielding. As a parent, you can help out tremendously by playing catch, throwing batting practice, hitting ground balls, or finding an instructor who will do this in your place. The more of this your kids can get, the better. This is the one constant that I have found with players that reached the major leagues....someone spent time with them away from the field.

I am completely fine with your son getting lessons from whomever you see fit. The only problem I will have is if your instructor is telling your son not to follow the plan of the team. I will not teach a great deal of mechanics at the beginning, but I will teach mental approach, and expect the boys to comply. If I see something that your son is doing mechanically that is drastically wrong, I will talk with the instructor and clear things up. The same will hold true with pitching coaches. We will have a pitching philosophy and will teach the pitchers and catchers how to call a game, and why we choose the pitches we choose. There is no guessing. We will have a reason for the pitches that we throw. A pitching coach will be helpful for the boys to get their arms in shape and be ready to throw when spring arrives. Every boy on this team will be worked as a pitcher. We will not over use these young arms and will keep close watch on the number of innings that the boys are throwing.

I will be throwing so much info at these boys that they are going to suffer from overload for a while, but eventually they are going to get it. I am a stickler about the thought process of the game. I will be talking non-stop about situational hitting, situational pitching, and defensive preparation. The question that they are going to hear the most is "What were you thinking?" What were you thinking when you threw that pitch? What were you thinking during that at bat? What were you thinking before the pitch was thrown, were you anticipating anything? I am a firm believer that this game is more mental than physical, and the mental may be more difficult, but can be taught and can be learned by a 10 and 11 year old. If it sounds like I am going to be demanding of these boys, you are exactly right. I am definitely demanding their attention, and the other thing that I am going to require is effort. Their attitude, their concentration, and their effort are the things that they can control. If they give me these things every time they show up, they will have a great experience.

The best situation for all of us is for you to plan on handing these kids over to me and the assistant coaches when you drop them off, and plan on them being mine for the 2 or so hours that we have scheduled for a game, or the time that we have scheduled for the practice. I would like for these boys to have some responsibility for having their own water, not needing you to keep running to the concession stand, or having parents behind the dugout asking their son if they are thirsty, or hungry, or too hot, and I would appreciate if you would share this information with other invited guests...like grandparents. If there is an injury, obviously we will get you to help, but besides that, let's pretend that they are at work for a short amount of time and that you have been granted the pleasure of watching. I will have them at games early so we can get stretched and loosened up, and I will have a meeting with just the boys after the game. After the meeting, they are all yours again. As I am writing this, I sound like the little league Nazi, but I believe that this will make things easier for everyone involved.

I truly believe that the family is the most important institution in the lives of these guys. With that being said, I think that the family events are much more important than the sports events. I just ask that you are considerate of the rest of the team and let the team manager, and myself know when you will miss, and to let us know as soon as possible. I know that there will be times when I am going to miss either for family reasons, for other commitments. If your son misses a game or a practice, it is not the end of the world, but there may be some sort of repercussion, just out of respect for the kids that put the effort into making it. The kind of repercussions could possibly be running, altered playing time, or position in the batting order.

Speaking of batting order, I would like to address that right from the top as well seeing that next to playing time this is the second most complained about issue, or actually tied for second with position on the defensive field. Once again, I need you to know that I am trying to develop each boy individually, and I will give them a chance to learn and play any position that they are interested in. I also believe that this team will be competitive and when we get into situations where we are focusing on winning, like a tournament

for example; we are going to put the boys in the position that will give the team the best opportunity. I will talk with the boys individually and have them tell me what their favorite position is and what other position they would like to learn about. As this season progresses, there is a chance that your son may be playing a position that they don't necessarily like, but I will need your support about their role on the team. I know that times have changed, but one of the greatest lessons that my father taught me was that my coach was always right...even when he was wrong. The principle is a great life lesson about how things really work. I hope that I will have enough humility to come to your son if I treated him wrong and apologize. Our culture has lost this respect for authority mostly because the kids hear the parents constantly complaining about the teachers and coaches of the child.

I need all of you to know that we are most likely going to lose many games this year. The main reason is that we need to find out how we measure up with the local talent pool. The only way to do this is to play against some of the best teams. I am convinced that if the boys put their work in at home, and give me their best effort, that we will be able to play with just about any team. Time will tell. I also believe that there is enough local talent that we will not have to do a large amount of travel, if any. This may be disappointing for those of you who only play baseball and look forward to the out of town experiences, but I also know that this is a relief for the parents that have travelled throughout the US and Canada for hockey and soccer looking for better competition. In my experiences, we have travelled all over the Midwest and have found just as good competition right in our back yard. If this season goes well, we will entertain the idea of travel in the future.

The boys will be required to show up ready to play every time they come to the field. Shirts tucked in, hats on straight, and pants not drooping down to their knees. There is not an excuse for lack of hustle on a baseball field. From the first step outside the dugout they will hustle. They will have a fast jog to their position, to the plate, and back to the bench when they make an out. We will run out every hit harder than any team we will play, and will learn how to always back up a play to help our teammates. Every single play, every player will be required to move to a spot. Players that do not hustle and run out balls will not play. The boys will catch on to this quickly. The game of baseball becomes very boring when players are not thinking about the next play and what they possibly could do to help the team. Players on the bench will not be messing around. I will constantly be talking with them about situations and what they would be doing if they were in a specific position, or if they were the batter. There is as much to learn on the bench as there is on the field if the boys want to learn. All of this will take some time for the boys to conform to. They are boys and I am not trying to take away from that, but I do believe that they can bear down and concentrate hard for just a little while during the games and practices.

I know this works because this was how I was taught the game and how our parents acted in the stands. We started our little league team when I was 10 years old in a little suburb of Columbus, Ohio. We had a very disciplined coach that expected the same from us. We committed 8 summers to this man and we were rewarded for our efforts. I went to Michigan, one went to Duke, one to Miami of Florida, two went to North Carolina, one went to Central Florida, one went to Kent State, and most of the others played smaller division one or division two baseball. Four of us went on to play professionally. This was coming from a town where no one had ever been recruited by any colleges. I am not saying that this is what is going to happen to our boys, but what I do want you to see is that this system works. I know that right now you are asking yourself if this is what you want to get yourself into and I understand that for some of you it may not be the right fit. I also think that there is a great opportunity for these boys to grow together and learn some lessons that will go beyond their baseball experience. Let me know as soon as possible whether or not this is a commitment that you and your son want to make.

Thanks,

Mike Matheny



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POSITIVE SPORTS PARENTING

- 1 - Make sure your child knows win or lose, that you love them, you appreciate their efforts and **you are not disappointed in them.**
- 2 - Try your best to **be completely honest** about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
- 3 - **Be helpful but don't "coach"** on the way to the track, diamond or court.... on the way home... at breakfast... and so on.
- 4 - Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes... taking the physical bumps and coming back for more.
- 5 - Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. **Don't pressure them because of your pride.**
- 6 - **Don't compete with the coach.** The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for a father or mother who has had some sports experience.
- 7 - **Don't compare** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
- 8 - You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a **good influence** on your child.
- 9 - Always remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.
- 10 - Make a point of **understanding courage**, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
- 11 - Never approach a coach **on game day** to talk about your child, before, during or after a contest.

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules for Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.