



The Playtri Parent's Pledge

Taken from the Positive Coaching Alliance Parent Pledge

Our organization is committed to the principles of the Positive Coaching Alliance. Therefore, we ask that you read, sign and return this form to your child's coach prior to his or her first practice.

As a Team Playtri Parent, I pledge to:

1. 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. This is in keeping with the ideal of the Double-Goal Coach – who has a goal of winning and an even more important goal of teaching life lessons through sport.
2. Use positive encouragement to fill the emotional tanks of my child(ren), their teammates, and their coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take folks most anywhere.
3. Reinforce the ELM Tree of Mastery with my child, by:
 - a. Encouraging my athlete to exert maximum **Effort**
 - b. Helping my child **Learn** through sports
 - c. Urging my child to get past **Mistakes** by using a Mistake Ritual...Because I understand that a mastery approach will help my child succeed in sports and in life.
4. Set an example for my child by Honoring the Game, respecting its ROOTS (Rules, Opponents, Officials, Teammates and Self). If I disagree with an official's call, I will Honor the Game and be silent.
5. 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 can rise above this. I need to be a role model").
6. 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.
7. Be as prompt as possible dropping my child off and pick my child up from practices and races.
8. Engage in No-Directions Cheering, limiting my comments during the race to encouraging my child and other athletes (from all teams).

Print Athlete's Name

Parent's Signature