

# How to be the best Soccer Mom and Dad

The following, which are endorsed by the NRSC, are some gentle reminders to help you be a better soccer parent:

1. Try to make as many games as possible: however, explain to your child that it is not the end of the world if you cannot be there. It is important for your child to learn that they are playing for themselves, too.
2. Don't place unfair or unwanted expectations on your child, such as: if you score, I'll treat you to a movie; if you don't hustle this game, you won't go the next game; etc.
3. When you come to the game, be a spectator. If you truly want to coach, we always need more help. Learn to sit and watch your child have fun. You know the old saying: too many coaches, spoil the game.
4. Cheering in a positive manner is the best support that you can give your child and the other parents around you. This is what we want to hear: Great job Billy; Waly to hustle Suzie; Yea!!! This is what we do not want to hear: Run Joey, run Joey, run Joey; Cover number 16, no the other Number 16; etc.
5. If all adults could understand that their child hears only approximately 20% of the instructions that are yelled to him/her during the game, then maybe coaches and parents would be more selective in what and when they speak.
6. Referees, no matter how young, are in control of the game. Parents need to understand that the NRSC fully endorses the young refs that are used and ensures the safety of all players. As a parent, you do not want to yell instructions to the ref, interrupt a game by running out on the field without permission, or embarrass your child by treating the ref unfairly.
7. As adults, we are role models to our youth. We must remember that whether we are coaches, commissioners, referees, managers or parents, we should always be attempting to set a positive example for our children.

If you have any questions or concerns, please feel free to call one of our board members listed on the web site. Our sole purpose is to provide a fun and instructive experience for your child, so that soccer may become a lifetime sport for them.

Remember the NRSC Motto:

**"Competitive Soccer with a Smile!"**