



## MORTON JUNIOR HIGH ATHLETICS

### Suggestions for Sports Parents

1. Be positive with your child. Let him know it is great to be a part of MJHS athletics. The coaches appreciate every player, regardless of his/her role on the team.
2. Encourage your child to follow team and school rules. Every MJHS athlete is expected to abide by Morton Junior High and IESA extra-curricular guidelines.
3. Insist your child works to his/her academic ability. Your child's work in the classroom is what will help him when he moves on to high school and college. The fact of the matter is that a *very* small percentage of players win athletic scholarships.
4. Do not offer excuses for why your child is not playing. There is usually a reason for it, and it starts in practice. Your child's coach sees him/her in practice every day and is the best person to decide who should play.
5. Try not to criticize your child's coach in front of your son/daughter. While we realize that not every parent will see eye-to-eye with the coach on all matters, criticizing the coach in front of your child undermines the authority of the coach and allows your child to make excuses about playing time. Instead of working hard in practice to get better and perhaps earn more playing time, he/she finds it easier to place the blame on the coach. Suggest to your child that he/she approach the coach and ask, "Coach, is there a way I could earn more playing time?" or "What could I work on to improve?" If you are still not satisfied, arrange a meeting with the coach. *Problems do not get solved unless your child communicates with the coaches.*
6. Help the coaches foster a team atmosphere. Coaches spend a great deal of time trying to instill this attitude in players. We realize that at times this takes sacrifice on the part of the players, but we feel it is crucial to developing a lasting athletic program.
7. Be a positive fan. Please help keep our games a positive, fun experience for the players, coaches, and other fans. Be respectful of coaches, players, and officials. Your son/daughter will take note of this, and act in a similar manner. While sportsmanship may seem an old-fashioned notion, it is still very important to middle school sports.
8. Help your child develop a positive self-image. Try to avoid comparing your child to other players on the team and older siblings. Help him/her in any way possible to feel good about his/her role on the team, whatever role that may be.
9. Help the coaches teach life skills. Being part of any team is a responsibility for a player. The coaches feel strongly that qualities such as reliability, loyalty, trustworthiness, the ability to be a team player, and organization can be stressed in the normal course of a sports season. Understand that if your child has to run sprints for being late to practice, for example, it is not because we want to punish him/her, but rather to help develop the skills mentioned above.
10. Encourage your child to play for the love of the game. Getting too concerned with things such as who is scoring the points and playing the most can make a player forget why he loves the game.