

Jack London Youth Soccer League Message to Parents

**This is an important document about the upcoming season.
Please, take the time to read it carefully and sign the pledge on the back.**

The Jack London Youth Soccer League believes that kids playing soccer can best have fun, build character and develop athletic skills in a positive coaching environment. To provide that environment, JLYSL is working with the Positive Coaching Alliance, or PCA. There are three ways that parents can help implement 'positive coaching' that we want to share with you:

- 1) Redefining "Winner,"
- 2) Filling the Emotional Tank, and
- 3) Honoring the Game.

Redefining "Winner"

In youth sports our goal is to produce young people who will be **winners in life** as well as on the field. To help our children get the most out of competitive sports, we need to redefine what it means to be a "Winner." We believe that winners:

- Make maximum effort.
- Continue to learn and improve.
- Refuse to let mistakes (or fear of making mistakes) stop them.

Filling the "Emotional Tank"

Research shows that the home team wins about 60% of the time because of the emotional support a team receives when it plays in front of its fans. We want our players to have a **portable home team advantage**. The portable advantage is our kids "Emotional Tank", which we can fill with a positive atmosphere and appropriate praise, and which we can drain with criticism and negativity.

Honoring the Game

Sportsmanship may seem an out-of-date concept when professionals and their fans act in ways we would not want our children to imitate. We intend to reverse this trend in our league by "Honoring the Game."

Honoring the Game gets to the ROOTS of the matter, where ROOTS stands for **respect** for

- **Rules:** We don't bend the rules to win. We respect the letter and spirit of the rules.
- **Opponents:** A worthy opponent is a gift that helps us to play to our highest potential.
- **Officials:** We treat officials with respect even when we disagree.
- **Teammates:** We never do anything that would embarrass our team.
- **Self:** We try to live up to our own standards regardless of what others do.

Please, sign and live up to the Parent Pledge on the other side of this page.
Jack London Youth Soccer League Parent Pledge

Please read this document, initial each item, sign and return it with Registration.

1. I pledge to get my child to practice and games on time. I understand that it can be embarrassing for my child to be late and that I may be putting him/her at risk by not providing adequate time for warm up. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____
2. I pledge to use positive encouragement to fill my child's "Emotional Tank" because athletes do their best when their Emotional Tank is full. I understand that fewer than 1% of youth sports participants receive college scholarships and that the top three reasons kids play sports are a) to have fun, b) to make new friends, and c) to learn new skills. I understand that the game is for the players, and I will keep sports in the proper perspective. _____
3. I pledge to reinforce the ELM Tree of Mastery with my child (E for Effort, L for Learning and M for bouncing back from Mistakes). I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that children have different abilities and that the true measure is not how my child compares to others but how he/she is doing compared to his/her best self. _____
4. I pledge to "Honor the Game." I understand the importance of setting a good example for my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will Honor the Game and be silent! _____
5. I pledge to refrain from yelling out instructions to my child. I understand that this is the coach's job. I will limit my comments during the game to encouraging my child and other players for both teams. _____
6. I pledge to refrain from making negative comments about my child's coach in my child's presence. I understand that this plants a negative seed in my child's head that can negatively influence my child's motivation and overall experience. _____

I will honor this JLYSL Parent Pledge in my words and actions.

Parent's Signature

Print Child's Name

Here's How You Can Learn and Help More

- 1) Participate in a Positive Coaching Alliance parents workshop, hosted by your Club or by JLYSL, as soon as possible. Dates, times and locations of scheduled workshops are posted at JLYSL.org. The workshop will give you a better understanding of positive coaching, the research behind it and specific techniques you can use on and off the field to support your child's efforts.
- 2) Visit the PCA web site at **positivecoach.org** to learn more on your own.