

Here are some things  
you need to know! I

**#1 Thank you for all you do  
behind the scenes!**

Please don't live your high  
school sports career  
through me.

Get to know the other parents,  
their kids are my  
teammates.

Enjoy watching the game as  
much as I do playing it.

Playing time is never equal, but I  
want to play anyway.

I am trying my best.

Please learn the rules.

Sometimes I don't want to talk  
about the game.

Know That I love you!

Thank you for getting me  
interested in sports!

*In November of 2019, the  
Western Maine Conference held a  
Student–Athlete Summit. 127  
student-athletes, representing 16  
different schools, were in  
attendance. Part of the day,  
students were broken into  
working groups of 5-6, and were  
asked to provide the information  
needed for this brochure. They  
were given four guiding  
questions. The student-athletes  
knew what the title of the  
brochure would be and that their  
parents were the target audience.*

*The information gathered that  
day was compiled into this  
document. As parents and  
spectators you are encouraged to  
read the information and reflect  
upon the material with your  
student-athlete.*

**Please listen to our athletes!!**

# SPORTS ARE MY THING!

## An Athlete's Guide to their Parents



wiseGEEK

WHY DO YOU PLAY  
SPORTS?

#1 FUN

#2 Allows me to feel like I belong

Friends

Keeps me involved

Keeps me in shape

Competition

Helps me manage time

Relieves stress

Learn some life lessons

Love the sport

To be remembered for something

Confidence

Builds character

## What do your parents do that really bothers you?

#1 Yell at the refs, players or other fans!

#2 Coach from the bleachers

speak poorly of my coach and/or teammates

Coach me at home

Tell me I did well when I didn't

Try to talk to me before a game

Watch practices

Go to the coach or school behind my back

Think back to when you played and compare my coach to yours

Get involved in the "drama"

## What do your parents do that you really appreciate?

#1 They are there to watch me

#2 Listen and allow me to take action without interfering

Bring snacks for the team

Host or help with team dinners

Transportation

Invest in good equipment

Cheer for my teammates

Allow me to fail

Double check I have everything before I head out the door on game days

Are involved in the Boosters Club