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GUIDELINES INDIVIDUAL SPORTS: FAMILIES

1. Lead by example.
2. The referee deserves maximum respect.
3. Give your support and get involved.
4. Make your son or daughter feel special.
5. Encourage and reinforce what your child learns.
6. Send out “good vibes”.
7. Value effort and learning.
8. Reinforce good behaviour; there are other options besides punishment.
9. Listen to what your children have to say.
10. Remember that our boys and girls are not mini professionals.