



**Great Families and
Great Community = Great Hockey**



*Parent education presented by
Association Coaching Education*



What Do You Look for in a Youth Sports Program?

- Safety
- Fun
- Baby-sitting
- Successes
- Fundamentals
- Career “aspirations”
- Organization
- Cost
- Competent coaching
- Equal playing time
- Skill development
- Fair play/positivity
- Groupings – age/ability
- Scheduling
- Program philosophy
- Travel



What Do Kids Look for In a Sports Program?

Fun - Play

Skill Development

Friends



Parents

Coaches

Youth Hockey Players

Officials

Spectators



Youth Drop Out of Sport Because

Pressure

Not enough activity

Not learning

Over-emphasis on winning

No fun

- Michigan State University yearly study



Importance of Sport for Youth: When Your Child Enjoys Sport

- He/She learns **healthy behaviors**
- She/He **socializes** with peers
- He/She learns **sports skills**
- She/He develops skills such as **teamwork and leadership and discipline**
- His/Her **self-esteem and confidence** grows
- He/She has opportunities to develop **positive character traits**
- She/He has **fun!**



The USA Hockey Philosophy Focuses on:

- Growth and Development
- Increase Participation
 - Skill Development
- Safe Hockey Environments
 - Fun and Enjoyment





Cheering 101



Preparing to Play: A Family Adventure

- Encourage support of coaches and teammates
- Plan to arrive on time.
- Check equipment before leaving house - with your child.
- Listen to you child and be supportive.
- Encourage teamwork and effort.
- Say, “Have fun - good luck.”



Game Time:

Getting Involved In a Positive Manner

- Support all players, coaches, officials, and other spectators
- Have only positive things to say
 - “Nice pass!” “Good try!” “Great save!” “Way to work hard!”
- Trust coaches and officials
 - They’re human like you!
- Model good behaviors
 - Display and practice emotional control
- Respect the rink
- Enjoy the game!
 - “Relax it’s just a game.”



On the Way Home: Creating Supportive Conversations

- How did you play?

(take the focus off of winning or losing – success is determined by effort and emotional control)

- What was the best part of the game/practice?
- What did you learn?
- Ask about aches, pains, bumps, and bruises.
- Did you have fun?
- Listen, listen, listen.

(Remember that hockey is just one aspect of your child's life)





Working With Your Child's Coach



The Coach-Parent Alliance

- Attend preseason coach-parent meetings
- Understand the objectives of youth sport
- Be certain that your child's equipment is in good shape and fits properly
- Support all players, coaches, and officials during the game
 - “If you have nothing good to say, say nothing at all.”
- Never discuss concerns or criticisms with a coach at the rink
 - Everyone communicates more clearly the day after a game and away from the rink
- Be positively involved in games
 - Support players and Model positive behaviors
- Enjoy the season



Kids Play : A Philosophy for Adults

- Success is found in striving for victory (effort = success).
- Put the child's goals before yours.
- Let go. Let a child make his or her own decisions.
- Be supportive.
- Only have positive things to say at a hockey game.
- Acknowledge child's fears and struggles.
- The NHL and college scholarships are great dreams. Character, self-discipline, and participation are the most valuable consequences of youth hockey.



Resources for Hockey Parents

USA Hockey Parent Education – web resources

http://www.usahockey.com/youth/parent_ed/main/parent_ed//

Hockey Education Adult Resource – Information Book

<http://www.usahockey.com/servlets/FileServlet/relatedDocuments/E55064A899500AD0E0340003BA5FE009/HEAR%20Program.pdf>

Heads Up Hockey Program

http://www.usahockey.com/usa_hockey/main_site/main/home/headsuphockey_home//

USA Hockey Coach Education

http://www.usahockey.com/coaching/main_site/main/home/

Michigan S.T.A.R. Program

<http://maha.org/STAR/index.htm>

Minnesota H.E.P. Program

<http://www.minnesotahockey.org/hep/default.asp>

Massachusetts E.F.F.O.R.T. Program

<http://www.masshockey.com/Effort/>



