



## March thought- How to be a good supporter at your daughter's matches

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*At your daughter's matches, it is your role to give her love and unconditional support from the sidelines.*

*Let her coach coach!*

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*What you say during a match or on the way home afterwards can really influence how your daughter feels about the experience*



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*Here are a few things to help you make your daughter's match experience better...*

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Winning is not the main priority...



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Children do not equate **fun** in sport with **winning**.

In fact, young girls rank winning way down the list of reasons they play sport

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Mistakes are opportunities to learn...



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Making mistakes is how children learn.

By not criticizing, we are teaching girls to take risks and to be creative.

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Be a team player yourself...



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Know the names of your daughter's teammates and coaches - encourage the whole team, not just her.

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## Respect all players, coaches and officials...



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Girls can find it embarrassing if parents shout from the sidelines - at them or at other people.

Stay positive and encouraging and show your daughter that you value good sportsmanship and respect above winning.

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Don't criticize your daughter for not being competitive or aggressive enough...



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*With adolescence, cooperation and connectedness become more important for girls than competition. Girls embrace playing in a more collaborative way - not a 'win at all costs' mentality.*

*Many young girls leave sport because it becomes 'too competitive'.*

*Encourage your daughter to be competitive in a way that resonates with her. Focus on her doing her best each time she gets on the pitch instead of putting the focus on beating her opponent.*

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Some great advice from the late Dermot Earley...



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*"The greatest reward you'll ever get from anything in life is the satisfaction of doing something to the best of your ability"*

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## *Things to say before a match....*



- *Enjoy yourself*
- *Good luck*
- *Go out there and do your best*
- *Give it your all, you can't do more than that*
- *Love you*

### *Things to say after a match...*



- I love watching you play
- Did you enjoy it?
- I'm so proud of you for getting out there
- Well done on trying so hard
- I can't wait to see your next match
- Great work out there
- Love you