



Parent Commitment and Code of Conduct



As a parent of an emerging high performance athlete, the commitment asked from you is in many ways as high as that of the player. By its very nature, high performance sport (HPS) is tough. The ability of an athlete and their support group to withstand the pressures and challenges in HPS's helps define their success. No athlete makes it at an elite level without a strong commitment to do so, fuelled by an insatiable passion to succeed, and a dependable support group from family and teammates. In this journey through the Ontario Soccer Talented Pathway with your child, it is important that you are as committed to the process as your child is.

Here are some of the core commitments you are adhering to when you join the NRSP:

- An (11) eleven month (Jan – Nov) soccer training program.
- Bringing your child to and from training up to three times a week plus one game.
- Potential for multiple competitions to be held on weekends from May to October.
- Increased travel to and from Regional games and practice venues.

The NRSP practice and competition schedule are both intense and designed to draw out the best in your child. Time will be one of the biggest commitments both you and your child will make.

How to support your Childs Participation in the NRSP:

While the commitment NRSP participation requires may seem daunting, it is by no means impossible. The reward will be clear when you see the development and improvement of your child's playing skills and their growth as a person outside of sport. As mentioned, your child's success will depend on the degree of support that you as a parent/guardian can give. Fundamentally, this relates to your emotional support of your child, as well as practical support in ensuring they arrive at and are picked up from training on time and are properly prepared and cared for at games.

Here are some ways you can support your child during his/her time in the NRSP:

- Make sure you ask your Head Coach what you can do to properly support your child throughout the year.
- Speak to the Head Coach to ensure you understand the NRSP player evaluations. Reinforce the positives and development goals outlined with your child and learn what you can do to help support your child's development
- Encourage your son/daughter to make a list of questions they would like to ask the coach directly without fear of any repercussions for asking. Development is the key factor here and honest feedback is as important as absorbing the information presented.
- Ask for advice on what you should focus on at particular times in the program and why (eg. ensure you know what you should focus on during breaks and long weekends).
- Discuss training sessions with your child, focusing on learning outcomes and positive points.
- Encourage your child to start a training diary. Many top athletes do. Sometimes private reflection in writing can be a useful motivational tool, particularly for adolescents.
- Show support for your child at games. Negative remarks to opposing players, coaches, parents or the match officials will only embarrass and stress your child.

- Never be critical or your child's coach, their program or other players on the team in front of your child. This will only undermine your child's confidence in their coach, the program itself and ultimately their ability to develop properly.
- Unless unavoidable, remain committed to the NRSP long-term as development requires patience.

Chain of Events for Athletic Dilemmas:

During a season it is not uncommon for issues to arise within teams or amongst players and coaches. In the event that this does occur, the communication that should take place is as follows:

1. The player should discuss the issue with the head coach and try to come to an understanding. If the above discussion does not provide an adequate conclusion to the issue, the parent should meet with the coach to discuss the issue.
2. If the above discussion does not provide an adequate conclusion to the issue, the player and parent should discuss the matter with the Technical Director.
3. If the above discussion does not provide an adequate conclusion to the issue, the player and parent should discuss the matter with the NRSP Chair and the Technical Director.

Parents are welcome to conference with the coaching staff on their son or daughter's individual development and progress but, should setup a meeting in order to do so. Parents are asked to not communicate with any of the programs coaches within or after 24 hours of a game, especially regarding playing time, game strategy, or any issue regarding the competition or before and after a training session unscheduled. Any coaching complaints, positive feedback, suggestions or worries can be brought to the attention of Technical Director at any time by contacting him via email. nrsp.td@cogeco.ca

Parent Code of Conduct:

As a parent, you play a special role in the development of your daughter or son, and of his/her teammates. Your encouragement and good example will do more to ensure good sportsmanship and self-discipline than any other influence. The other team is the opponent, not the enemy, and should be treated with respect. While winning is important, playing well and fairly while focusing on development is the essence of the game.

I/we will set a good example to my/our child in his/her soccer development by adhering at all times to the following:

- I will remember that my child plays soccer for his or her enjoyment, not for mine.
- I shall leave the coaching to the coach during the game. We shall not give our child instructions during the game.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning so that my child will never feel defeated by the outcome of the game or the event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a game.
- I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
- I will support the learning and development efforts of the players, the coaches, and the referees by demonstrating our patience.
- I will not criticize the referee openly or directly, during or after games. Any criticism shall be done in writing, sent to my club representative, not verbally.
- I will support all efforts to remove verbal and physical abuse from the children's sporting activities.
- I will respect and show appreciation for the volunteer coaches who gave their time to provide sport activities for my child.
- I will ensure that my child shows up on time for scheduled practices & games at the time designated by the coach.
- I realize that the team can be penalized for my behaviour and that I must abide by the rules and the officials at the field.
- I must stand on the opposite side of the field from the players and coaches.
- I will not step onto the field of play during the game to avoid injury to myself or to players.
- I will wait 24 hours after a game before contacting any coaching official to resolve any issues that may have arisen during a game or practice.

I have read, understand and hereby agree to abide by and support this NRSP Parents Code of Conduct.

Player's name: _____

NRSP Team: _____ Date: _____

Parent's signature: _____