



## **PARENT SUMMARY**

### **HELP YOUR ATHLETE – BEFORE, DURING AND AFTER COMPETITION**

#### *Before*

Know their goals, roles and needs, and accept them.  
Release them to the game, their coach and team.

#### *During*

Model poise, confidence and correct behavior. Focus on our team.

#### *After*

Give them all the time and space they need. Be a confidence builder.

\* BY Bruce Brown (NAIA Champions of Character)