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)