

Ten Commandments for Sports Parents

1. Don't act like a jerk in front of your kids.

If you wouldn't do it in front of your kid anywhere else, don't do it at a game.

2. Sports are fun for us and our children in an inverse proportion to the importance we put on it. More serious attitudes equal less fun.

3. Our children will not play professional sports.

Don't count on college athletic scholarships, either. Virtually none of elementary school-aged players will ultimately end up having that kind of ability.

4. Know who is really out there.

Parents aren't playing the game and kids are their own people, separate from parents. A child's performance is not a reflection on the parents.

5. Other people's kids are still kids.

The other team is not "the enemy," it's just a bunch of other kids. Treat them kindly.

6. Leave the coaches alone.

Most of the time, coaches are volunteering their time and skills. If you need to yell, yell at the professionals through your television screen.

7. Take the pulse regularly.

Having fun? Especially at the elementary school ages, kids playing sports should be having fun. If they're not having fun, don't force them to keep playing.

8. If you don't have something positive to say, don't say it.

Kids don't need to hear about all their mistakes or the things they could have done differently. Encourage them instead.

9. You are supposed to have fun, too.

The enjoyment parents get from watching their children participate in sports shouldn't have anything to do with the win-loss record.

10. Every kid is his or her own kid.

They're not required to like the things you did as a kid, or to fulfill your dreams of glory.