

Tips for Evaluations...and Beyond

1. STAY RELAXED AND POSITIVE

Whether you realize it or not, your body language, how and what you say can greatly influence your player. If you are visibly stressed, your player may feel extra pressure to perform well and not disappoint you.

Remain positive throughout the entire tryout process. Acknowledge your player's efforts through verbal and physical cues; a quick comment like "good job" or "well done" or a pat on the back can go a long way for your player's confidence. Do not critique the evaluation process, your job as a parent is to be a support system for your child.

Encourage your child to have fun. If your child is having fun and treating the tryout like a normal practice or game, their positive attitude will translate into their play, therefore, giving them a better chance at showcasing their skills.

2. HELP PREPARE

Don't do it all, kids need to learn responsibility – but help out before leaving for the venue. Making a healthy snack, checking their equipment or being there for your player can ease their mind and help them focus on getting mentally prepared.

3. PERSPECTIVE

If your child doesn't make the team they want, it doesn't mean they can't play the season. Focus on the positives and improvements that have been made since last year and know that these skills will continue to develop. Not only does your child want to make the team but they want to make you as their parent proud. Whether your child makes the team or not, do not let them feel like they have disappointed you in anyway as this can affect their self-esteem. Please remember that not making the top team may be an opportunity for your player to be a leader on their new team.

4. DON'T COMPARE

No two players are the same and comparing your child to other players could hurt their development. Give attention to what they do well. Take the time to ensure your player is getting at home practice time to improve their skills. Top players in any age groups practice daily.

5. FEEDBACK

Leave the technical aspect of evaluations to the coaches as this is what they are certified to do. If you or your player would like feedback on areas they can improve, approach the coach of the team on which they are placed. Speaking with the coach in a constructive way allows you to provide positive feedback to your child. Try to give your young player some direction on what they can do to improve.

