

# 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. Whether making a healthy snack or checking their equipment, being there to help support your child can ease their mind and help them focus on getting mentally prepared and one less thing the player has to worry about.

## 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 m 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.



## 6. BRING THE RIGHT ATTITUDE

Encourage your child to do the best they can and to learn as much as possible. Always stay positive – if your player isn't having fun, they won't want to keep playing. Your actions can have a great impact on how your kid views the sport. Additionally, be constructive and positive when speaking to your child during and after evaluations. If they make a mistake, they will learn from it. Their skills will get better as time goes on.

Take this opportunity to teach your child life lessons whether they make the team or not. If they make the team congratulate them and let them know it was because of their hard work and dedication. If they do not make “the team”, congratulate them for making the team they did and teach them the lessons of acceptance, humility and perseverance and emphasize that it will be a great season.

## 7. NEXT STEPS

Prepare your child for the possibility of not making the team and to never fear failure but rather focus on the opportunity to continue developing their skills. It is important as the adult that we do not criticize the process because we are disappointed or allow the player to “quit” because they (or we) don't want to play on “that” team.

Regardless of the outcome, enjoy this time with your player as it can be some of the best years you will experience together.

