

**Parents/Guardians Contract**

Child's Name: .....

Date of Birth: ..... /...../.....

I agree to promote/abide by the following statements:

- Avoid pressurising your child about winning or losing.
- Accept that striving to win is more important than winning itself.
- Help your child focus on the process of participation not the outcome (i.e. the first thing you should ask is, "how did you do?" NOT "did you win?")
- Use failure to place success in perspective. Use mistakes and failures as obstacles/challenges for improved performance.
- Take pride in doing your best.
- Show good sportsmanship and respect to other competitors.
- Be a good role model for your child in relation to sporting behaviour.
- Emphasise that children play for themselves not their parents.
- Respect the rules.
- Emphasise enjoyment, provide encouragement and be optimistic about your child's performance.
- Encourage children's independence and let them set their own standards of excellence.
- Separate sport failure from personal failure.
- Stress the benefits of taking part, friends, teamwork, success, failure, health, exercise, self-esteem and so on.
- Allow the manager/coach to issue instructions to the team, your role is to encourage.

Signed: ..... (Parent/Guardian). Date: ...../...../.....

*Please note, this contract will remain in force for the duration of your child's membership of the Club. One form is required per child, not one per family please.*