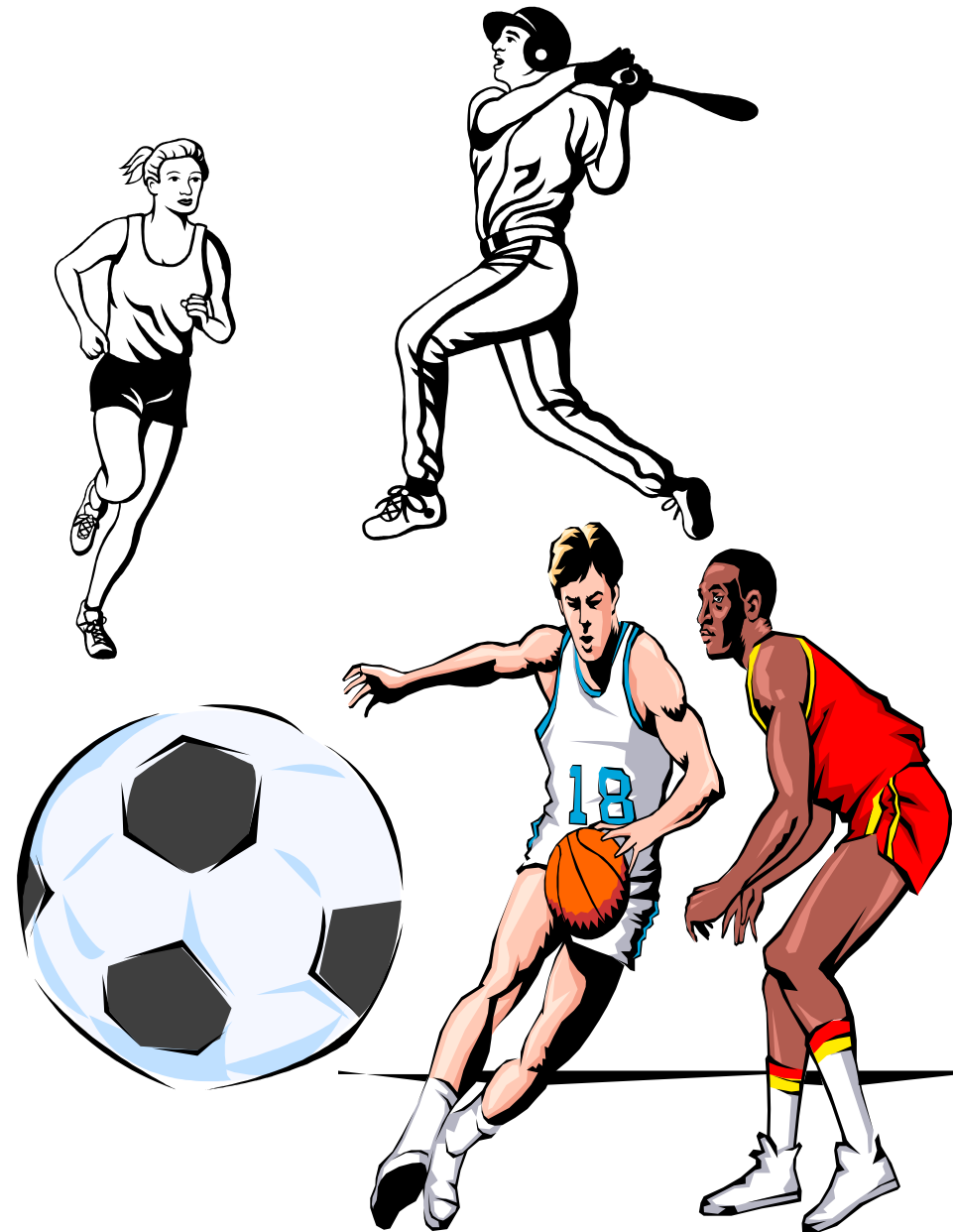


## Southern Maine Middle School Athletic Conference

### Hints for Enhancing Your Child's Middle Level Sports Experience:

1. Encourage your child to play sports but don't apply a lot of pressure.
2. Understand what your child wants from sports and provide support and encouragement.
3. Set limits on your child's participation. Don't make sports overly important.
4. Encourage your child to participate in a variety of sports and other activities.
5. Help your child focus on improving her/his skills and not just "winning the game."
6. Keep winning in perspective and help your child to do the same.
7. Help your child understand the benefits and values of sports and also the appropriate balance between individual and team needs.
8. If preseason meetings are held, attend them. Get to know the coach and what the plans are for the team and your child.
9. Turn your child over to the coach at practices and contests; don't meddle or coach from the sidelines.
10. Encourage your child to resolve conflicts with the coach. Intervention by a parent should be the last resort.
11. Discuss issues with the coach at a mutually convenient time, not directly after a contest.
12. Provide the appropriate nutritional needs for growing young athletes.
13. Help your child's understand that because children grow and mature differently, he or she may be more or less successful in high school sports.
14. Enjoy your child's sports participation during these important middle level years.
15. Help your child understand that chances are very slim that he or she will earn an athletic scholarship.

*The Middle Level Athletics Task Force  
The Maine Center for Coaching Education*



## CLASS

THERE ARE TWO WAYS TO DO ANYTHING IN LIFE ~ WITH CLASS, OR WITHOUT CLASS. CLASS DOESN'T MAKE YOU ANY LESS A COMPETITOR, NOR ANY LESS AGGRESSIVE. YOU DON'T LOSE YOUR EDGE BY HAVING CLASS.

CLASS ACTUALLY GIVES YOU AN EDGE ON YOUR OPPONENT. YOU HAVE POISE THAT WILL ALLOW YOU TO CONCENTRATE MORE, AND BY CONCENTRATING MORE, YOU'LL WIN MORE.

### WHAT IS CLASS?

IT'S SOMETHING THAT'S HARD TO DEFINE BUT EASY TO RECOGNIZE. IT'S BEING A GOOD PERSON, ALWAYS TAKING RESPONSIBILITY AND SHOWING CONSIDERATION FOR THE CONSEQUENCES YOUR ACTIONS HAVE FOR OTHERS. IT'S HAVING HUMILITY, POISE, CONFIDENCE AND, ABOVE ALL, TREMENDOUS PRIDE.

CLASS PEOPLE HANDLE VICTORY AND DEFEAT THE SAME WAY ~ GRACIOUSLY, WITH THEIR HEADS HELD HIGH. THEY DON'T BRAG IN VICTORY, OR MAKE EXCUSES IN DEFEAT.

"IF YOU HAVE CLASS, YOU DON'T NEED MUCH OF ANYTHING ELSE. IF YOU DON'T HAVE IT, WHATEVER ELSE YOU HAVE WON'T MAKE UP THE DIFFERENCE."

FAME, FORTUNE, TROPHIES, ETC. ARE ALL FINE, BUT THEY ALONE CAN'T GIVE YOU CLASS. ONLY YOU CAN GIVE YOURSELF THAT ~ ONLY YOU CAN GIVE YOURSELF CLASS.

**EVENTS HELD AT SCHOOL—UNLESS OTHERWISE NOTED.**  
**PLEASE READ ENTIRE DIRECTIONS FOR SPECIFIC**  
**SPORTING EVENTS/FIELDS.**

### HINTS FOR PARENTS ATTENDING ATHLETIC CONTESTS

- \*ATTEND YOUR CHILD'S CONTESTS.
- \*SHOW INTEREST, ENTHUSIASM, AND SUPPORT FOR YOUR CHILD
- \*MODEL GOOD SPORTSMANSHIP AND PROMOTE FAIR PLAY.
- \*DEMONSTRATE RESPECT AND CIVILITY BY NOT MAKING INSULTING COMMENTS TO PLAYERS, OFFICIALS, COACHES OR OPPONENTS.
- \*CHEER ON YOUR CHILD AND TEAM AND LEAVE THE COACHING TO THE COACH.
- \*BE IN CONTROL OF YOUR EMOTIONS AND COMMENTS.
- \*REMEMBER THAT OTHER PARENTS ALSO WANT THE BEST FOR THEIR CHILDREN.
- \*THANK THE COACHES, OFFICIALS AND OTHERS WHO CONDUCTED THE EVENT.

WHEN YOUR CHILD LOOKS TO THE SIDELINES FOR A POSITIVE ROLE MODEL, LET HIM OR HER SEE YOU.

"WHEN YOUNG MIDDLE LEVEL ATHLETES' NEEDS AND INTERESTS BECOME SECONDARY TO PRESSURES AND UNREASONABLE EXPECTATIONS FROM COACHES, PARENTS, COMMUNITY, AND EVEN THEMSELVES, BENEFITS FAIL TO EMERGE."

JOHN H. SWAIM

THE MIDDLE LEVEL ATHLETICS TASK FORCE