

## VHS Wrestling Parent Pledge

Our organization is committed to the principles of Positive Coaching Alliance (PCA). Therefore, we ask that you read, sign, and return this form to your athlete's coach or any appropriate representative of our organization.

In keeping with the PCA's ideal of **the Double-Goal Coach**-who has a goal of winning and an even more-important goal of teaching life lessons through sports - I will be a **Second Goal Parent** focused on the goal of using sports to teach life lessons, while leaving the goal of winning to players and coaches.

I will use positive encouragement to fill the **Emotional Tanks** of my children, their teammates, and coaches. I understand that, like the gas tank of a car, a full Emotional Tank can take people most anywhere.

I will reinforce the "**ELM Tree of Mastery**" with my child (E for effort, L for learning, M for bouncing back from mistakes). Because I understand that a mastery approach will help my child succeed in sports and in life, I will:

- encourage my child to exert maximum **EFFORT**
- help my child **LEARN** through sports
- urge my child to get past **MISTAKES** by using a Mistake Ritual, such as a flushing motion, to trigger a reminder to flush the mistake and move on to the next play.

I will set an example for my child by **Honoring the Game**, respecting ROOTS (Rules, Opponents, Officials', Teammates, Self). If I disagree with an official's call, I will Honor the Game and be silent.

I will use a **Self-Control Routine** to avoid losing my composure if I grow frustrated. I will take a deep breath, turn away from the game to refocus, count backwards from 100 or use self-talk ((I need to be a role model. I can rise above this."))

I will **refrain from negative comments about my child's coach** in my child's presence so that I do not negatively influence my child's motivation and overall experience.

**I will be as prompt as possible** dropping my child off and picking my child up from practices and games.

I will engage in **No-Directions Cheering**, limit my comments during the game to encouraging my child and other players (from both teams).

I understand the "closed practice" policy of VHS Wrestling and will not be in the practice facility during any official VHS Wrestling practices.

Athlete Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_