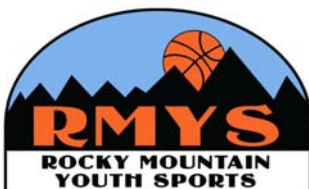


SUGGESTIONS FOR SUCCESS

THESE ARE TEN SUGGESTIONS THAT WE ASK PARENTS OBSERVE
TO AID IN THEIR DAUGHTER'S SUCCESS.

THIS IS FOR THE BENEFIT OF YOUR DAUGHTER IN LIFE, SPORTS & THE TEAM.

1. Be positive with your daughter. You can *choose* to be positive or negative about the team, the coach, her teammates. If you complain about why your daughter isn't a starter, she will do the same. If you complain about other players on the team, she will do the same. Set the example of being POSITIVE. Motivate and encourage your daughter.
2. *Be realistic.* We are all blessed with unique abilities. Accept your daughter as she is. We would all like to be big, tall, intelligent, athletic and strong, but it doesn't happen that way. Accept her for who she is and encourage her to do her best and make the most of the opportunities she has in life. It's the same in basketball — someone may be bigger, faster, more skilled, or smarter. Know your daughter's limitations and encourage her to be the best player she can be with her abilities! Accept her role on the team and encourage her to do the same.
3. Support the coach and their staff. How can you expect your daughter to perform to her fullest if all she hears from you about the coach is negative? The coach and teachers represent authority. You will give your daughter the wrong message if you ridicule the coach or her teachers. Support the coach's rules, philosophies, playbook, etc.
4. Don't be envious or critical of other players. Treat each player as if they were your own. Don't dislike a player because you don't like her parents.
5. You had your chance to be young, let your daughter do her thing. Don't try to live your life through your daughter by forcing basketball or any sport down her throat.
6. You may have played basketball, coached basketball or watch basketball, but please do not be a know-it-all. Many coaches work with young adults numerous months a year. They spend hours with young adults in situations that their parents may never see. Don't exert pressure on your child by telling her things she shouldn't have to hear. Be a good role model. *Let the coaches' coach.*
7. Be present as a parent. Monitor your child's grades, attend her games and practices from time to time. Insist that your daughter study and earn good grades. Putting academics first will help her be more successful.
8. Know your daughter's social activities. Monitor her friends, hangouts, boyfriend, curfew, language, and so on. Talk to your child about drugs, alcohol, and tobacco use. Encourage your child to make the right choices and remind her that the consequences of some decisions she makes in life never go away! Not communicating well in these areas may leave room for the wrong people to influence your daughter.
9. Be unselfish. Don't use basketball for the wrong reasons, like pushing your daughter to play for a scholarship. Doing so pressures her unduly. If she is good enough, she will earn a scholarship. Let her play because she loves the game!
10. Don't baby your daughter! Sever the umbilical cord. It's a tough world out there. Let her begin preparing for it by not babying her. Let the coaches push/encourage your child. Let the coaches make her tougher mentally by challenging her. Let her team challenge her. A youngster can learn mental toughness regardless of whether she plays a lot or a little, plays on a very skilled team or not as skilled team. Give her the opportunity to learn!



DORSI SMITH, EXECUTIVE DIRECTOR, 970-213-4724
SHANNON LOPEZ, PROGRAM COORDINATOR, 970-631-9310
BRUCE DICK, DIRECTOR OF BASKETBALL PROGRAMS, 303-908-0405
TODD MATKIN, ASSISTANT DIRECTOR, 970-218-6652
WWW.RMYOUTHSPORTS.COM

