



March thought- How to be a good supporter at your daughter's matches

At your daughter's matches, it is your role to give her love and unconditional support from the sidelines.

Let her coach coach!

What you say during a match or on the way home afterwards can really influence how your daughter feels about the experience



Here are a few things to help you make your daughter's match experience better...

Winning is not the main priority...



Children do not equate **fun** in sport with **winning**.

In fact, young girls rank winning way down the list of reasons they play sport

Mistakes are opportunities to learn...



Making mistakes is how children learn.

By not criticizing, we are teaching girls to take risks and to be creative.

Be a team player yourself...



Know the names of your daughter's teammates and coaches - encourage the whole team, not just her.

Respect all players, coaches and officials...



Girls can find it embarrassing if parents shout from the sidelines - at them or at other people.

Stay positive and encouraging and show your daughter that you value good sportsmanship and respect above winning.

Don't criticize your daughter for not being competitive or aggressive enough...



With adolescence, cooperation and connectedness become more important for girls than competition. Girls embrace playing in a more collaborative way - not a 'win at all costs' mentality.

Many young girls leave sport because it becomes 'too competitive'.

Encourage your daughter to be competitive in a way that resonates with her. Focus on her doing her best each time she gets on the pitch instead of putting the focus on beating her opponent.

Some great advice from the late Dermot Earley...



"The greatest reward you'll ever get from anything in life is the satisfaction of doing something to the best of your ability"

Things to say before a match....



- *Enjoy yourself*
- *Good luck*
- *Go out there and do your best*
- *Give it your all, you can't do more than that*
- *Love you*

Things to say after a match...



- I love watching you play
- Did you enjoy it?
- I'm so proud of you for getting out there
- Well done on trying so hard
- I can't wait to see your next match
- Great work out there
- Love you