
SACRED HEART COLLEGE

GUIDE FOR SPORTS PARENTS & CAREGIVERS

Ways to support your daughter to participate in school sport:

1. Understand why your daughter wants to play sport.
2. Take an interest and watch them at games if possible.
3. Download the College Sport Wellington app so you are up to date with draws & alterations.
4. Let the coach do the coaching.
5. Clap, cheer and support both teams, the players are teenagers with feelings.
6. Let your student and their team play on game day, keep your feedback positive, and share it after the game.
7. If your daughter is driven to succeed, be supportive of her and encourage her to trial for representative teams.
8. Thank the coach and manager for their time each week.
9. Thank the referee or umpire.



Please Remember:

- Students are trying their best!
- Young people are playing for fun and enjoyment.
- It's their game not yours, let them play the game.
- It's not all about winning, they can still have a good game and lose.
- Try not to live your own personal dreams through your child.
- Yelling out embarrasses your daughter, distracts her.
- Coaching happens during training, but the game provides a learning environment for them to try what they have learnt - it is okay for them to make mistakes.
- Each student is driven from within, the student will train as much or as little as they want to, which demonstrates how passionate they are about succeeding.
- Students need supporting to be the best they can be, not pushing.

