



MY PLEDGE AS A St. Martin's School Parent

St. Martin's Lutheran School, Winona, Minnesota

HELPING YOUR CHILD GET THE MOST OUT OF A CHRISTIAN ATHLETIC PROGRAM

TEN COMMANDMENTS FOR PARENTS WITH ATHLETIC CHILDREN

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be supportive of your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them on the way to the athletic event. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and for having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled, too; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
6. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc. with your athlete.
7. Don't compare the skill, courage, or attitudes of your children with other members of the team, at least within his/her hearing.
8. Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped. What a blessing that was!"



ATHLETIC CONTRACT

PARENTS:

As parents, we will support the St. Martin's Athletic Program. We will support our coaches and the entire team. We know that the physical exam form, medical treatment consent form, and this contract must all be turned in before any participation can happen. We will be willing to help with concessions, drive to games, or help coordinate team activities as schedules allow. We agree that if our child is in a different sport while participating in a sport here at St. Martin's, that the St. Martin's team takes priority. Most of all, we will help, encourage, and set a Christ-like example of Christian sportsmanship for our child. As a parent, I pledge to be a Christian witness and supporter at all athletic events. I pledge to display Christian sportsmanship at all events.

Parent Signature

Date

ATHLETES:

I understand that being part of the St. Martin's Athletic Program is a privilege. I will support my team and coaches at all times. I will always give God the glory in all I do on and off the athletic field. I understand that my Christian attitude, academics and church attendance come first, and that if I fail to keep those standards as pointed out in the handbooks, I take the chance of being placed on probation or dismissed from the team. I understand that I may play on other teams of a different sport, but that St. Martin's will have priority. I also know that my physical exam form, medical treatment consent form, and this contract must all be turned in before I can participate on any team. I pledge to display Christian sportsmanship at all events.

Athlete's Signature

Date

Athletic Director's Signature

Date

School Principal's Signature

Date