



## Parent with PRIDE®

The MTL Softball Program is committed to the principles of PRIDE. Please read, initial, sign, and return this form to your coach (Parent/Guardian and Player). One per player is required.

In keeping with the ideals of **Coaching with PRIDE®** – who strives to win and even the more important goal of teaching life lessons through sports – I will **Parent with PRIDE®** focusing on the goal of **using sports to teach life lessons**, while leaving the goal of striving to win to the players and coaches.

I will use positive encouragement to **fill the Emotional Buckets** of my player, her teammates, and coaches. I understand every person has a bucket that can be filled or spilled by my comments and/or actions.

I will reinforce **Playing with PRIDE®** with my player (P for Performance, R for Respect, I for integrity, D for Determination, E for Excellence). Because I understand that this approach will help my player succeed in sports and life, I will:

- Encourage my player to have a **positive attitude** and exert **maximum effort**.
- Help my player **learn** through adversity.
- Urge my player to **get past mistakes** and move on to the next play.

I will set an example for my player by **respecting** the coaches, rules, opponents, officials and other spectators. If I disagree with an official's call, I will show my PRIDE and be silent.

I will **control my emotions** 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 player's coach** in her presence so that I do not negatively influence her motivation and overall experience.

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

I will **focus my cheering**, limiting negative comments during the game to encouraging my player and other players (from both teams). I will not coach from the stands.

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PRINT ATHLETE'S NAME

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PARENT'S SIGNATURE