

Panthers Parent Corner

February 5, 2010

Let your child know you are ok with him or her not making a team. You may be disappointed for them if they don't make it, but you won't be disappointed in him or her. This can loosen them up to so that they can give their best effort.

We have all been in situations where things like this can happen – it is important that your child knows that it's ok and you won't be disappointed in him or her.

Monthly tips from the Positive Coaching Alliance

YOU HAVE TO ASK.....

When Super Bowl-bound quarterback Peyton Manning was growing up, his father, former NFL star Archie Manning, used to say, "If you want to learn to be a quarterback I'll teach you. But you have to ask."

Peyton asked, again and again. Because his father never pressured him to practice or learn more about football, it was fun for him.

When children feel in control of their athletic development, they are more likely to have full Emotional Tanks. Here are some tips for keeping your child's E-Tank filled:

- Put them in charge of their development as athletes.
- Let them know you are willing to offer advice, if they ask for it.
- This is the tough one...Don't offer advice unless they ask!