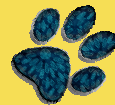


Panthers Parent Corner

February 12, 2010

Panthers Parents, please look for tips to be posted regularly on how to handle situations and help your child become the best athlete he or she can be.



Develop a mistake ritual to use with your child or adopt the team's ritual, if the coach has introduced one. A mistake ritual is a physical gesture like a flushing motion, or shaking the hand, or brushing the shoulder that says, "Yes, you made a mistake, but it's no big deal, so let's flush it, or shake it off, or brush it off. Get ready for the next play." This instills an attitude that helps them bounce back from mistakes.

Let's face it; we have all been there as a parent where our child looks to us for encouragement when something has happened in the game that was not planned. Developing a mistake ritual can help your child to realize that no one is perfect and to persevere regardless of the circumstances!