

## 8 Ways to Support Your Child's Coach

Whether she's playing peewee soccer or varsity lacrosse, your child can learn a lot from a great coach. Support your athlete — and the whole team — by assisting the coach from the sidelines.

1. **Make sure your child has what she needs.** If your child is properly equipped, her coach can concentrate on more important matters like safety, teamwork, and skill-building.
2. **Let the coach do the work.** Nothing stresses a coach out more than having too many helpers on the field. Realize that he knows how to best support your child's performance. Let him do his job.
3. **Be aware of the coach's rules.** Touch base with your child and the coach about expectations. If you disagree with anything, speak with the coach privately — out of earshot of the kids.
4. **Ask how you can help.** The coach does a lot of work, on and off the field. Ask what you can do to lighten his load (without taking over).
5. **Learn how to handle injuries.** Accidents happen. Make sure that you're prepared for them by having first aid supplies at home and in your car.
6. **Foster your child's fitness.** The coach can only transform your child so much. Be aware of her eating habits and encourage [good health](#). Exercise with her, whether it's a jog around the block or a lap in the pool.
7. **Notice your child's behavior.** If he acts unfairly to his teammates during the game or doesn't give the coach his full attention, talk to him later about good sportsmanship and respect.
8. **Have fun.** Maintain a sense of humor, even in the face of defeat. Keep the mood light. "I'm convinced a kid will play all day if it's fun. When it stops being fun and it's about a parent's own dreams, forget it," says Tom Shaw, a three-time Super Bowl-winning conditionin