



SOUTH PORTLAND ATHLETICS
Home of the Red Riots
RESPECT, EXCELLENCE, TRADITION



PARENT GUIDE

Thank you, parents, for allowing our athletic staff to coach your child. Many individuals contribute to the success of each individual student-athlete and program at South Portland High School. It is one of our goals to work together as partners to provide the best opportunities for our students. It is our hope that this guide will provide you with some tips to enhance your student's experience as a student-athlete.

- ***BE SUPPORTIVE OF THE COACH***

In front of your child, be supportive and positive of the coach's decision. If you have problems with what the coach is doing, it is best to talk directly with the coach.

- ***TEACH RESPECT FOR AUTHORITY***

There will be times when you disagree with a coach or official, but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

- ***LET THE COACH DO THE COACHING***

When your child is competing, let the coach do the coaching. You can teach sportsmanship and how to deal with success and failure. Develop your child's character and teach life skills that athletics brings to the forefront.

- ***LET YOUR CHILD CREATE THEIR OWN SPORTS MEMORIES***

Separate your sports life from theirs. Let your child discover their own sports successes. Help to calm the stormy waters, but let them handle the navigational problems. They will be their own person which will most likely be different than you.

- ***HELP YOUR CHILD LEARN THROUGH FAILURE***

The way your child handles failure can help them to face the certain failures life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Let your child cope in their own way, then, at some later time they will be much more receptive to words of correction or advice from you.

- ***GET TO KNOW THE COACH***

Since the coach has a powerful influence on your child, take the time to attend the preseason parent meeting (Meet the Red Riots) and get to know the coach's philosophy, expectations and knowledge.

- ***FOCUS ON YOUR CHILD AS AN INDIVIDUAL***

Focus on what your child does well and where they need to improve. Forget about the progress or success of other athletes.

- ***LISTEN TO YOUR CHILD...BUT STAY RATIONAL***

Always listen to your child, but remember to stay rational until you have investigated the situation. Remember, students can exaggerate their woes and heroics.

- ***BE MINDFUL OF YOUR ROLE AS A ROLE MODEL***

Take a good, honest look at your actions and reactions in the athletic arena. These actions are a big cue to your child and to others around you.

- ***SHOW UNCONDITIONAL LOVE***

The most important thing – show your child you love them, win or lose.

Sportsmanship is Everyone's Responsibility

At its best, athletic competition can hold intrinsic value for the entire Red Riots community and society as a whole. It is a symbol of a great ideal: pursuing victory with integrity. Everyone (administrators, officials, coaches, parents, student-athletes and fans) involved in athletic competition has a duty to treat the traditions of the sport and other participants with respect. Disrespectful behavior involving verbal ill-treatment of opponents or officials, profane or belligerent trash-talking, taunting and unseemly celebrations do not have a place at high school competitions and will not be tolerated in the Red Riots athletic program. Your admission to a competition is not a license to practice poor sportsmanship.

Tips for Practicing Good Sportsmanship

- Remember that South Portland High School and your sports programs will be held responsible for or receive the praise for YOUR individual conduct at games.
- Keep your emotions and attitudes balanced.
- Appreciate a good play, not matter who makes it.
- Fans may not remember the final score, however, they will remember the fan in section 3 who made a fool out of him or herself.
- You want others to treat you the way you want to be treated. How many of us want to be treated with disrespect?
- We believe that participation in sports is an extension of the classroom. Would it be OK to harass students in a math class for their performance on a math test?
- When you witness others practicing poor sportsmanship, help them to be more successful in the future by role modeling a positive attitude. All of our behaviors will collectively reflect upon the Red Riots athletic program and help to form our reputation in the community.
- Refrain from coaching or officiating from the sideline.
- Refrain from making derogatory comments directed towards officials, coaches or players from the other team.
- Sportsmanship begins with you!!

The Team Bench

The team bench is an athletic classroom. Student-athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Student-athletes may be asked to go in at any time. It is their responsibility to know what it is going on: offensive game plan and defensive adjustments, any adjustments already made, opponent's defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and student-athletes the respect and courtesy that they would give the teacher and student in the academic classroom. Most all of our playing arenas provide ample spectator viewing areas. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.