

## PLAYER RESPONSIBILITIES ON COMPETITION DAY

- Players shall be prepared, dressed, and ready before the scheduled starting time.
- Players are expected to support their teammates, demonstrate a positive attitude, and work hard.
- Players' gear, food, clothing, etc., shall be kept in their bag, and garbage is thrown into a trash or recycling can.
- Players are expected to attend competition day. If you cannot attend, let your coach(es) know.
- During Refereeing responsibilities, players shall pay attention to their game and do their best to make the correct call.



## PARENT RESPONSIBILITIES ON COMPETITION DAY

- Be prepared and plan: make sure your child gets plenty of sleep, eats a pre-competition day meal with carbohydrates, and hydrates. Preparation involves packing and checking that they have their uniform and gear. You'll want to put more preparation and planning responsibility on your child progressively.
- Make a competition day routine: a competition day should not look that different from any other training day. This does not mean there cannot be some variables like extra family members coming to watch, but the more routine a competition day is, the more relaxed they will be and the more they can focus on performing well.
- Focus on the right things: if you want the best results for your child, don't focus on their results. Don't bring it up before, during, or after the competition. Many athletes tend to over-emphasize results as it is. Instead, help them focus on the things they have full control of. In particular, pay attention to their effort and attitude.
- Consider YOUR competition day actions: do your actions tend to elevate the pressure your child feels on competition day? Your child's coach will preach a "train like you compete, compete like you train" philosophy to help your child train with intensity and confidently approach competition day. It takes years of practice for many young athletes to learn how to deal with the pressure of competition and perform consistently at their peak. You want to be ready to support your child as they need you.
- Have fun: if you are relaxed and having fun on competition day, your child is much more likely to enjoy themselves. Fun can be made up of many things; the thrill of the sport, time with friends, and performing well are primary fun aspects of volleyball. Making sure your kids can experience the fun elements of the sport is one of your most important roles as a parent. Keep the mood light and results in perspective, and there is a better chance your children will enjoy competing.