



Pumas Futbol Club

Parent/Player Guide



Pumas FC Parent Guide in Relation to the Role of the Parent's at Pumas Futbol Club

Parents/Spectators must set the example for the children by exemplifying the highest standards of sportsmanship. Parents participate in a match by watching, cheering and supporting the efforts of all participants of the match. Soccer must be FUN! The game is for the children. Their participation and enjoyment of the game is the most important element.

Parents have a responsibility to the coach, team and Pumas Futbol Club. Parents must have respect for the coach, assistants, all children on the team and the authority of the referee and his/her assistants.

- **Parents must not coach from the side line during practices.** All coaches encourage parents not to interfere at any of the practices. It is recommended for parents to stay away from the practice field so the player's performance can be at their best.
- **Parents must not coach from the side line during games.** Let the coach do his/her job no matter how much you disagree.
- **Parents should not criticize their child on any part of the Player's game.** Leave this to the coaches since it may cause confusion and affect the Player's confidence.
- **Be your child's biggest fan and support him/her unconditionally.** Don't withdraw your love when his/her performance is below his/her standard.
- **When transporting your player home, please be supportive and always focus on the positive aspects of his/her game.** PLEASE, do not discuss any poor performance issues!
- Develop a responsibility in your child to pack his/her own soccer kit, clean boots, soccer ball and bring along his/her water bottle.
- Respect any facility that Pumas Futbol Club may be using and opponents' grounds.



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- **NEVER criticize your child's coach to your child, other parents or in a public manner.** If you are not happy with the coach, you should raise the issue with the team's manager and follow up with a meeting with the coach.
- **Encourage your child to speak with the coach.** If your child is having difficulties in training or games or can't attend training etc., encourage him/her to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature person and a better soccer player. By handling off the field tasks, your child is claiming ownership of all aspects of the game.
- **Monitor eating and sleeping habits.** Be sure that your child is eating the correct foods as suggested in the "Nutritional Program" (see Pumas FC Website). Players should be in bed at 9:30pm on the night before a game and early enough on the other nights to ensure that adequate rest is being taken.
- **Help your child keep his/hers priorities correct.** He/She needs to maintain and focus on family relationships, schoolwork, and other things in life in addition to futbol (soccer). **Always keep in mind the commitment to the Club and help him/her to honor that commitment.**
- **Help young players to focus on the PERFORMANCE and NOT THE RESULT.**
- **Winning is not as important as the PERFORMANCE.** Development is the KEY!!!
- Support all the players on your child's team. **Do not criticize other players on the team.**
- **NEVER CRITICIZE the opponents, their parents, coaches or referees.**
- View the game from the designated areas for the spectators.
- Coaches will be challenged to reach out of his/her "Comfort zone" and improve each child as both a player and as a person. We will attempt to do this in an environment that is FUN, yet challenging.



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Date: _____

Player's Name:

Parent's Name:

Parent's Signatures:
