



True Sport Lives Here

Fact Sheet

Supportive Players – getting the most out of sport

Getting the most out of sport

Leading an active lifestyle is good for us. If you participate in regular moderate physical activity, you can expect to enjoy many physical, health, social and personal benefits, including:

Physical benefits

- learning skills like balancing, throwing, catching, kicking
- growing stronger and fitter

Health benefits

- helps manage a healthy weight and lifestyle
- encourages healthy growth of developing bodies

Social benefits

- becoming more confident
- learning to work in a team
- meeting new friends and having fun

Personal benefits

- helping you concentrate better
- learning good sportsmanship which will help at school and work
- helps develop respect and fair play values

Strategies for game day

Before the game

- Make sure you have your uniform and all the right equipment and safety gear.
- Bring your water and wear sun block (and hat if possible).
- Listen carefully to your coaches' instructions e.g. warming up, game strategies.
- Do your pre-game huddle and pre-game cheer.
- Encourage your team mates who might be a little nervous.

During the game

- Do your best and have fun!
- Cheer for your team mates and recognise good play. Encourage them even when they make mistakes.
- Keep it positive, don't criticise or give instructions to your team mates.
- Respect the decision-making of your coaches and the officials.
- Try out the new skills your coach taught you at training.

After the game

- Thank the other team and the officials.
- Congratulate your team and your coach.



- Thank the spectators and your parents for coming to support your team.
- Congratulate your team mates on their good plays and achievements; encourage them where they have identified their own mistakes.



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- Recognise that the officials are likely to be volunteers. Find ways to appreciate them for supporting you playing sport. Without them, it would be hard to have a fair game!
- Treat the officials the same way you would like to be treated if you were in their position.

Communicating with parents

- Remember that sport is very exciting to watch and sometimes parents might get a little over enthusiastic without meaning to. Sometimes they might say things that they don't really mean.
- If your parents are doing something that embarrasses you:
 - Think about what you will say before you say it. They probably didn't want to embarrass you or hurt your feelings. Let them know exactly what they said that upset you, tell them how it makes you feel and ask them not to do it again.
 - Talk to them privately, not in front of your coach, the officials, your team mates or other parents. You might have to wait until the ride home. Make sure they are calm and you are calm before talking to them.
- Maybe your parents would like to be more involved with you in sport. You could ask them to be a volunteer at your club by being time scorers or fundraisers. Check with your coach what else they could do.

Communicating with coaches

- Always support your coaches by not speaking negatively about them in public.
- If you want to clarify a decision, it may be best to wait until after the game, depending on the situation. In any case:
 - try to calm yourself before speaking to the coach, and explain your query
 - let the coach respond without your interruptions and listen
 - agree to a resolution even if you agree to disagree!
 - make opportunities for future discussion
- Leave the coaching to your coaches. Remember they have training.

- Recognise that your coach is likely to be a volunteer. Find ways to appreciate them for giving up their time to support you.

Communicating with officials

- Respect the decisions of the officials. Remember they may have a clearer perspective than you and they are doing the best they can.
- If you need to clarify a decision on the field because it affects someone's wellbeing or safety, tell your team captain and they will let the official know.
- If you want to clarify a decision, it may be best to wait until after the game. Discuss with your team coach or manager about the best approach. Try and calm yourself before speaking and listen to the official's response without interrupting them.