



## **Queen City Volleyball Club**

### **Do's Pre-Match**

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- suggest game tactics IF your daughter asks for them
- give your daughter time and space to be alone
- recommend and reinforce good pre-match habits BUT do not try to do everything for your daughter
- remind your daughter that you will be proud no matter what happens
- emphasize effort, attitude, and enjoyment
- keep relax and calm before the match
- give your daughter time to be with her team
- ensure the coaching staff has time to do their pre-match meetings

### **Do During the Match**

- attend and be attentive at games to demonstrate your interest
- show your support by clapping and cheering appropriately
- have a positive and happy attitude and expressions throughout the game
- be respectful towards the opposing team
- support all players on the team – not just your daughter

### **Do Post-Match**

- comment on effort and attitude rather than the result
- support your daughter and keep behaviour consistent whatever the outcome
- encourage your daughter for the next match
- be realistic about the outcome instead of making excuses
- give positive feedback first
- keep feedback simple and to a minimum after a loss
- ensure your daughter has food after a match
- talk about the match IF your daughter wants to
- give your daughter space after a loss



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### **Don't Pre-Match**

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- talk extensively about the upcoming match
- repeatedly tell your daughter to warm-up or get ready
- encourage your daughter by saying, “you should/could win” because this can make players nervous
- express any expectations for the match
- interfere with the coaching staff’s pre-match meeting
- try and tell your daughter what they need to do
- keep your daughter away from her team

### **Don't During the Match**

- embarrass your daughter by providing over the top support
- draw attention to your individual child
- give players angry glares during the game
- be negative or show negative emotions (tense) and comments
- change your behaviour if the match is close or your child’s team starts losing
- talk badly or intimidate the opposing team
- coach your daughter or give them signals
- argue with the referee, other parents, or coach’s decisions

### **Don't Post-Match**

- have a negative attitude after your daughter’s team has a loss
- point out or continuously discuss your daughter’s mistakes
- tell your daughter she did something well, when she didn’t
- talk about the opposing team to try and make your daughter feel better
- talk about the match UNTIL your daughter wants to
- blame others on the team for a loss
- blame the coach for a loss