

PARENT *Sideline Guide*

HOLIDAY EDITION



Because the best gift you can give your athlete is your support.

The holidays bring joy, travel, and plenty of volleyball. As competition heats up, emotions can too – so here's a quick guide to help every parent bring calm energy, gratitude, and sportsmanship to the court. Print it, share it, and spread positive vibes.

POSITIVE ENERGY TIPS FOR THE SIDELINE



1 *Be thier calm in the chaos*

Tournament days can be long and stressful. Stay composed and model confidence – your athlete takes cues from you more than anyone else.

2 *Cheer for the hustle, not the win*

Recognize effort, teamwork, and growth. Encouragement means more than play-by-play coaching from the stands.

3 *Respect coaches and officials*

They're all working toward the same goal: developing confident athletes. Trust them and let the game unfold without sideline criticism.



4 Model Sportsmanship

Offer smiles, handshakes, and respect – even when emotions run high. A kind word to the opposing team or ref can change the tone of a whole match.

5 Keep the post-game positive

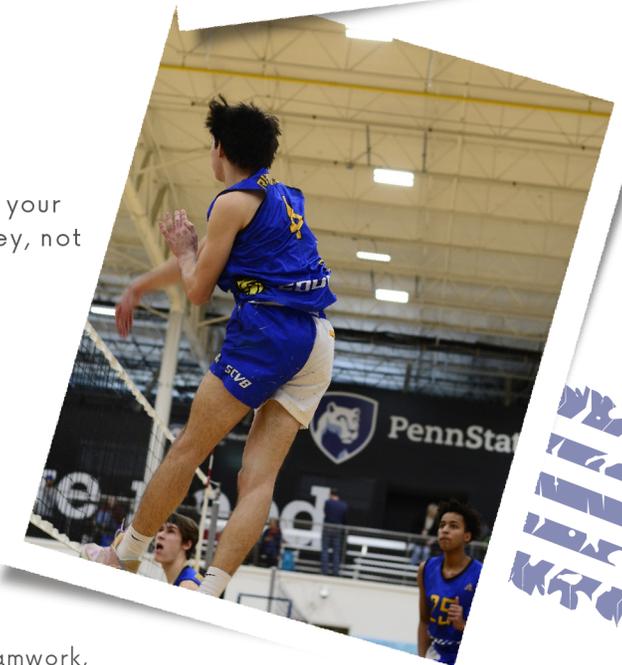
Skip the analysis right after the game. Ask, “What did you enjoy most?” or “What did you learn today?” to open the door for reflection, not pressure.

6 Prepare, don't panic

Check the schedule early, pack snacks, and build travel time. A stress-free parent sets the tone for a focused athlete.

7 Capture the memories

Photos, smiles, and shared experiences are what your athlete will remember most. Celebrate the journey, not just the scoreboard.



Holiday Challenge

Before your next event, tell your athlete **one thing you love watching them do on the court**. It might be their hustle, teamwork, or smile – and it might be exactly what they need to hear.



Rooted in Pennsylvania. United by Volleyball.

