

PARENT

Sideline Guide

NEW YEAR EDITION



Fresh start. Same great sideline energy.

The new year brings a clean slate and a full calendar of tournaments. As goals reset and schedules ramp up, here's your quick guide to staying steady, positive, and present through it all. Whether it's your first season or your fifth, your athlete notices your energy – so make it count.

SIDELINE MINDSET FOR A NEW YEAR



1 *Focus on growth, not perfection*

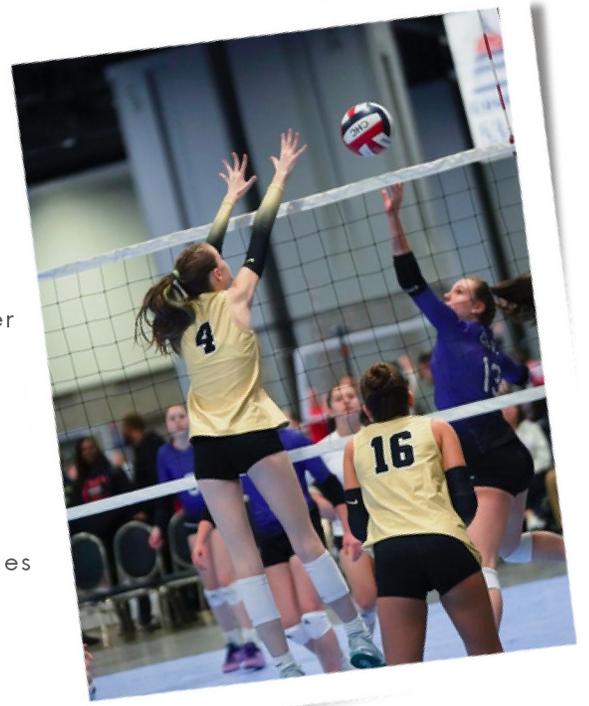
Every season starts with new challenges. Celebrate progress, not just outcomes – the small wins shape confidence.

2 *Embrace the process*

Remind your athlete that improvement takes time. Encourage effort, persistence, and a “learn from every match” mindset.

3 *Stay present, not pressured*

Enjoy the moment. Avoid sideline distractions – phones down, eyes up, and cheers ready.



4 Model Resilience

Bad calls, tough losses, long weekends – they're all part of the game. How you handle it teaches your athlete how to bounce back.

5 Keep perspective

Remember why you're here: teamwork, growth, fun. Every point is just one part of the journey.

6 Support all athletes

Clap for great plays from both teams. It builds community and shows your athlete what real sportsmanship looks like.

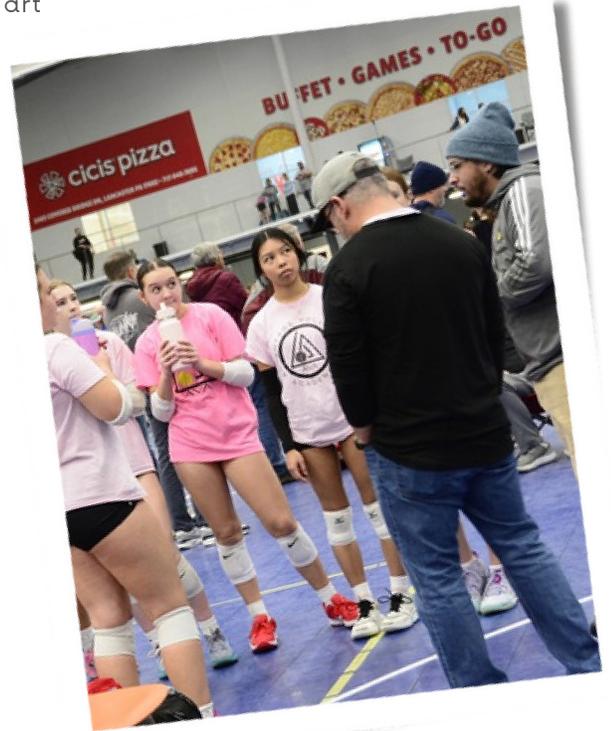
7 Lead with gratitude

Say thank you – to coaches, refs, volunteers, and your athlete. Gratitude sets the tone for the entire year.



New Year Challenge

Write one goal **you** have for the new season as a volleyball parent – whether it's cheering more, stressing less, or connecting with other families. Growth isn't just for players.



Rooted in Pennsylvania. United by Volleyball.

