

PARENT TRYOUT & SHOWCASE GUIDE

YOUR ROLE AS A PARENT

Provide calm, confidence, and perspective - not another layer of pressure.

01 DURING TRAINING: THE WEEKS LEADING UP

ENCOURAGE THEM TO

- Practice with purpose rather than trying to be perfect.
- Focus on effort, communication, body language, and responding well to mistakes.
- Protect the basics: sleep, nutrition, hydration, and recovery.
- Visualize competing confidently and handling difficult moments well.
- Treat nerves as a sign that the opportunity matters - not that they are unprepared.

TRY ASKING

- "What is one thing you want to focus on at training today?"
- "What did you improve this week?"
- "How can I best support you leading up to the event?"

02 BEFORE THE GAME: REDUCE PRESSURE

KEEP IT BRIEF AND SUPPORTIVE

- "You don't have to prove everything today. Trust your preparation and compete."
- "Focus on communication, effort, and responding well to mistakes."
- "Be present, play your game, and enjoy the opportunity."
- "I love watching you compete, no matter what happens on the score sheet."

03 DURING THE GAME: SUPPORT, DON'T EVALUATE

DO

- Cheer for effort, teamwork, resilience, and positive responses.
- Keep your body language steady after mistakes or limited playing time.
- Support the athlete without evaluating every play.

AVOID

- Shouting instructions or correcting decisions.
- Visible frustration or disappointment.
- Coaching from the sidelines.

04 THE CAR RIDE HOME: LET THEM LEAD

LET THEM LEAD

- Give your athlete the chance to tell you about the experience in their own time.
- Feedback is like a pass: even a perfect throw isn't caught if the receiver isn't ready.
- "Would you like to talk about it, or would you rather have some space?"
- "Do you want me to listen, or would you like my perspective?"

FINISH WITH CONNECTION

- "I loved watching you compete."
- "I'm proud of you. Events like this are hard."
- "You challenged yourself and got better today."
- "One performance doesn't define you. I'm always in your corner."

05 WHEN THEY'RE READY: ENCOURAGE GROWTH

ASK OPEN-ENDED QUESTIONS

- "How did that feel out there today?"
- "What was one moment you felt proud of?"
- "How did you respond when something didn't go your way?"
- "What felt great, and what would you like to build on this week?"

WHAT TO AVOID

STEER CLEAR OF

- Reviewing every mistake immediately after the event (athletes know when they messed up).
- Comparing your athlete with teammates or opponents.
- Asking first about selections, rankings, statistics, or playing time.
- Criticizing coaches, officials, or other athletes.
- Turning the ride home into an evaluation session.

EVERY ATHLETE DESERVES A TEAM BEHIND THEM

Mental performance coaching helps athletes prepare confidently for tryouts and showcases, manage nerves, reset quickly after mistakes, build routines that support focus, and trust their preparation when the moment arrives. You have already helped them reach the opportunity - we can help them step into it ready.