

## **Reminders for Parents**

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Players learn best by example



Remind your son/daughter regularly that doing ones best is more important than being the best



When there is a disagreement or a conflict, expressing feelings and opinions in a respectful manner is important



Respect is the key



Speak Out! Parents can be bullies and harassers too



There is a balance between hockey and life



If you must criticize, direct your comments at the performance and never at the individual (player, coach, official)



Never provide or advocate the use of drugs or performance enhancing substances



Hockey Canada and its member Branches across the country have served millions of participants extremely well for generations



When things don't go well, people look for someone to blame



Participation and membership in Hockey Canada activities is a privilege extended to everyone and with that participation comes responsibility



Managing our emotions is something of a full time job

Reference: http://www.bchockey.net/Files/A%20Minor%20Hockey%20Toolbox%20for%20Parents.pdf