

TEN COMMANDMENTS OF FOOTBALL PARENTS

1. Be positive with your son; let him know he is accomplishing something by simply being part of the team. Don't ever put him down.
2. Don't offer excuses for him if he is not playing. There is usually a reason for it. Encourage him to work hard and do his best every day in practice.
3. Don't put down his coaches, etc... Remember the coach represents the "Boss", the "Authority", the "Parent", the "Teacher", the "Law", etc. If you are bad mouthing your son's coaches, how can you expect your son to play hard for the coach? You're teaching him to be a complainer, not a doer.
4. Encourage your son to follow the team rules. Whether he is a first stringer or a fifth stringer, players must follow rules pertaining to curfew, training rules (Drinking, Smoking, Drugs), attendance and promptness. Football is a very demanding sport and coaches must concern themselves with a player's off the field activities in order to get the maximum physical and mental performance out of his players.
5. Insist on good grades. Check the numbers of hours your son spends on homework. It is the duty of the parent to see that their son is working in the classroom. (No matter how good a player he is, if he doesn't have good grades he doesn't get in college – times have changed.) Eliminate use of the telephone, television, etc... to motivate your son to keep good grades. Study time is most certainly affected by telephone usage, time spend on video games and watching TV.
6. Don't try to live your life vicariously through your son. Football is a kids game – let them play it. Don't show any animosity or jealousy to any of your sons teammates because they carry the ball more, catch more passes, score more touchdowns, or even get more notoriety. This type of envy rubs off on your son and it can devastate a team. Who cares who scores, etc... as long as everyone does their job and fulfills their team role to the fullest. Remember!!!

"TOTAL EFFORT! EVERY DAY! EVERY PLAY!!"

7. Don't be a know-it-all. The coaches work at football 12 months of the year, and they try to know the strengths and weakness of each player. As a fan, you are entitled to scream your head off but don't become negative toward any of our players. They are amateurs. They deserve your support because of the countless hours they have put in just to be a part of our "Football Family". Our coaches will determine our offensive and defensive plan of attack based upon the capabilities of our player. How much we run or pass the football is a decision the coaching staff makes.

8. Insist on your sons respect for team rules, school rules, game officials and sportsmanship. Don't let him make fools out of his family, school and team by some uncalled-for comment, gesture, or incident whereby he will bring shame upon himself, his family, his school, or his team. Self-respect begins with self-control.

9. Encourage your sons to improve their self-image by believing in themselves. Nothing is ever as "good" or as "bad" as we imagine it to be but somewhere in between reality lies. A good beginning would be to encourage him to live a good Christian life. Start by attending church once a week. For good reason, the great players (pro, college, and many my former players) have a lot of faith – not only in their own abilities but in GOD. They go hand-in-hand. Don't compare and contrast your son with former family members who played previously. Every youngster is different. Don't put added pressure on him by expecting him to be much better than his older brother, etc...

10. Encourage your on to play for the love of the game – not a scholarship. This take a great deal of pressure off a player. Scholarships are something that are in the hands of college recruiters. **"IT IS NOT WHAT YOU GET FOR PLAYING FOOTBALL AT BEN DAVIS THAT COUNTS, IT IS WHAT YOU BECOME BECAUSE OF YOUR PARTICIPATION THAT MATTERS MOST.** Ben Davis and its coaching staff do no give college football scholarships. I've seen some great players fizzle because the pressure on them to get a scholarship was so great. Players become selfish, and undisciplined on the field sometimes because of the pressure on them. Insist on unselfishness. In most cases, with team victories, good things seem to happen to the unselfish, hardest-working athletes.