

Minor hockey provides guidelines in how to be a hockey parent

We've all seen that parent in the hockey arena who takes the game a little too seriously.

Cheering on your team is a good thing. Yelling insults at opposing team players is not.

As a notice in the arena says, "this is a game." It lets people know that coaches are volunteers and refs are people and deserve respect when on the ice.

Whether you believe it or not, your child probably has a better chance of being struck by lightning than making the NHL.

There are healthy ways to encourage your kids while ensuring they are having fun.

Minor hockey has listed several things you can do to help your child through a successful hockey season. It's good to pass along some of these tips.

Hockey is more than just wins and losses. Success can be defined in both an individual and team aspect. A player can work their hardest on the ice and still not win the game.

There are lessons to be learned from this.

You can be a role model. What you say and do in the arena should be a reflection of what you expect from your child.

If you are an obnoxious jerk in the arena, guess how your kid will see you and what do you think they will see as appropriate behaviour?

Kids develop skills in different stages. Acknowledging accomplishments will help instill confidence and make them want to continue to learn.

As a sport, hockey leads the way in team effort. No player stands alone on the ice. Being a good teammate helps everyone achieve their goals.

This level of sportsmanship extends to parents in the stands. Parents can provide support and encouragement by cheering on their team. Yelling at the other team or at the referees provides a bad example of sportsmanship.

With new safety protocols in place, it is important for parents to get their kids at the arena on time so there is no rush to get ready for a practice or game. Your team is counting on you to be at the rink so you can all go in together.

Remember, it's just a game.

Many teams require players to show up at game time wearing a shirt and tie. This isn't because they want to make a best dressed list, it's because it shows respect for the sport, your teammates, and opponents.

If players on the ice and spectators in the stands follow the rules and respect the game, it makes for a better experience for everyone involved.

By Brian Lockhart