



TOP 10 TIPS

*For Parents, Grandparents & Invited
Guests of Athletes*

By R. E. Martin

#1 It's Their Time - Let 'em Shine

We have our memories of great times playing and watching sports, and being with friends.
Now it's their turn... LET 'EM OWN THEM!

#2 Golden Tip: Watch What You Say

Don't say anything about someone else's child that you wouldn't want said
about your grandchild, brother, sister, nephew, niece or neighbor... a BIG NO, NO!

#3 Blue Phooey & Stripes, Too

Officials do their best and they will blow it occasionally... it's not intentional.
RESPECT THEIR SPACE... AND THEIR CALLS... shhhhhhhhhhhhhhh!

#4 The Ride Home

Those little boogers gotta get home somehow... shhhhhhhhh! Let the games settle... they know... just hug 'em.

#5 Word of the Day ("WOD")

Sports can be fun... and, sometimes, brutal. Some athletes are tough... some give the appearance of being tough... some, not so much. The rush of victory is a RUSH... criticism can CRUSH. WOD is "CONFIDENCE." Strive to instill it.

#6 They Shouldn't Be Facin' the Fence or the Stands

If they're looking at or listening to you, they're not in the game. Don't coach them during the games or practices - be chill like a cucumber in a rockin' fridge.

#7 GMA, GPA and the Rest of the Team

Grandmother, grandfather, guests, coaches, athletes, officials, opponents... The effort to win is important, but not at any cost.

#8 Hidden Truths

It is hard to talk about feelings... especially with elders. theBMSproject's #1 Tip for Athletes is to talk to those you trust. Secrets can spoil the joy of the games.

#9 The G.O.A.T. (Greatest of All Time) Herd: Volunteers

They favor their own kid(s)?... Maybe. Volunteers are also putting in the time... keep that in mind. Greatest of All Time? Volunteers! Sure, they're doing it for theirs, and for yours, too!

#10 What to Tell 'Em

How much you love watching 'em play. That's all you have to say!

EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

thebmsproject.org/Safety

CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).

SHUT OUT THE STIGMA



Kansas City

Royals

