



An active Wellington region

SUPPORTING OUR WHĀNAU TO BE THE BEST SUPPORTERS

POWERED BY PRINCIPLES OF BALANCE IS BETTER
AND GOODSPOrts WELLINGTON REGION

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***The term whānau is used to describe parents, carers and adult enablers of young people participating in sport.**

Our aim with this resource, powered by the Balance is Better philosophies and driven by our Wellington Region Good Sports Collective, is to promote positive whānau behaviours and support tamariki to reach their full potential.

Whānau play a crucial role in their kids' sporting lives, and positive involvement, especially from the sidelines, is invaluable. We understand that there is no single right way to work with whānau, and there is no magic wand to curb poor sideline behaviour while supporting tamariki in their sport.

However, we are aware of the alarming impact poor sideline behaviour has on our young people, contributing to why they are pulling out of the game they love.

Here are some quick tips to help our whānau be the best supporters on and off the field. Next time you're on the sideline, try these tips to create a safe environment for all.

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TIP 1

ENCOURAGE

- POSITIVE VIBES
- UNCONDITIONAL SUPPORT FOR ALL
- INSPIRE CHANGE THROUGH ROLE MODELLING POSITIVE SIDELINE BEHAVIOUR

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TIP 2

YOUR PRESSURE IS NOT NEEDED

- BE A GREAT ROLE MODEL
- BEING SUPPORTIVE IS APPRECIATED
- RESPECT ALL REFS AND COACHES

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TIP 3

BE PROUD

- OF ALL OUR YOUNG PEOPLES EFFORT
- OF THEIR ACHIEVEMENT
- OF BEING THE BEST SUPPORTER

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TIP 4

POSITIVE VOICE

- REALLY MATTERS TO OUR YOUNG PEOPLE
- BE ENCOURAGING
- MISTAKES ARE FROM LEARNING SO LET THEM LEARN

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TIP 5

BE SUPPORTIVE

- ON AND OFF THE FIELD
- IN OUR YOUNG PEOPLES LONG TERM DEVELOPMENT
- FOR ALL RANGATAHI IN THEIR JOURNEY THROUGH SPORT

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TIP 6

PROVIDE PRAISE

- FOR OUR YOUNG PEOPLE'S PROGRESS
- IN OUR YOUNG PEOPLE'S EFFORT AND HARD WORK
- FOR ALL OUR VOLUNTEERS

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TIP 7

RESPECT THE COACH

- TREAT THE COACH AS AN ALLY
- SUPPORT AND RESPECT ALL COACHES
- ROLE MODEL POSITIVE SIDELINE BEHAVIOUR TOWARDS OUR COACHES

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TIP 8

YOUNG PEOPLE'S VOICE MATTER

- LET OUR YOUNG PEOPLE SHARE THEIR VOICE
- LET OUR YOUNG PEOPLE SHARE THEIR IDEAS
- LET OUR YOUNG PEOPLE LEARN THEIR WAY

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TIP 9

DEVELOP THEIR WAY

- LET OUR YOUNG PEOPLE PROBLEM SOLVE
- LET OUR YOUNG PEOPLE MAKE THEIR OWN DECISIONS
- GIVE OUR YOUNG PEOPLE THE TIME TO DEVELOP THEIR WAY

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TIP 10

SPREAD GOOD VIBES

- HELP OUR YOUNG PEOPLE FEEL GOOD ABOUT THEIR JOURNEY
- HELP OUR YOUNG PEOPLE STRIVE TO BE THEIR BEST
- SPREAD GOOD ENERGY - NOT BUZZ KILLING

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TIP 11

RESPECT ALL OFFICIALS

- ACCEPT DECISIONS BY OFFICIALS
- DON'T BE DISRESPECTFUL
- A REMINDER OUR OFFICIALS ARE VOLUNTEERS AND OF ALL AGES WHO LOVE THE GAME TOO!

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TIP 12

DONT SHOUT INSTRUCTIONS

- STOP AND THINK BEFORE YOU SPEAK
- REFRAIN FROM SHOUTING AT OUR YOUNG PEOPLE
- ALLOW OUR YOUNG PEOPLE THE TIME , FREEDOM AND OPPORTUNITY TO LEARN IN THEIR WAY

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TIP 13

KEEP IT POSITIVE THEY SEE IT ALL!

- CHEERING
- SMILING
- OPEN, RELAXED BODY POSITION

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TIP 14

SHOW INTEREST

- BE THERE TO SUPPORT YOUR RANGATAHI NO MATTER WHAT
- SHARE THE CARE FOR ALL ON AND OFF THE FIELD
- RANGATAHI LOVE THEIR SPORT HELP BRING THAT PASSION TO LIFE

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TIP 15

BE FRIENDLY

- CHEERING FOR ALL TEAMS
- BE AN EXAMPLE OF GOOD SPORTSMANSHIP
- HARNESS OUR YOUNG PEOPLES PASSION FOR GOOD

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TIP 16

BE UNDERSTANDING

- I LIKE HAVING FUN WITH MY FRIENDS
- I'M MEETING NEW PEOPLE WHO ARE INTERESTED IN THE SAME SPORT AS ME
- I LIKE FEELING HEALTHY, FIT AND I LOVE BEING ACTIVE

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TIP 17

TEACH LIFESKILLS

WHĀNAU PLAY A PIVOTAL ROLE IN ENCOURAGING AND SUPPORTING RANGATAHI PARTICIPATION, SUCCESS AND FUN WHEN PLAYING SPORT

- HELP WITH THEIR RESILIENCE
- BE ADAPTABLE TO CHANGE
- ENCOURAGE COMMUNICATION

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TIP 18

STAY POSITIVE

- ROLE MODELING POSITIVE BEHAVIOUR
- KEEP A POSITIVE ATTITUDE TOWARDS ALL
- YOUR VOICE ON THE SIDELINE REALLY MATTERS!

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TIP 19

LET ME LEARN

- HARNESS OUR YOUNG PEOPLES PASSION FOR GOOD
- HELP OUR RANGATAHI TO LEARN FROM THEIR OWN MISTAKES IN THEIR OWN TIME
- PROVIDE SUPPORT WHEN RANGATAHI NEED

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TIP 20

FUN MY WAY

- Empower
- Inspire
- Motivate

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