



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## Observe “Cooling Off” Period

Wait to talk to the coach about something you are upset about for at least 24 hours after a game. Emotions, both yours and the coach’s, are often so high after a contest that it’s much more productive if you wait until a day goes by before contacting the coach about a problem. This will also give you time to think about what your goals are and what you want to say.

*Note:* There are exceptions to the 24-hour cooling off period. If the coach’s behavior puts your child’s safety at risk, appears unethical, or exemplifies poor sportsmanship, speak to him or her as soon as you can safely do so.

adapted from *Positive Sports Parenting* by Jim Thompson



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