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| **School Sport South Coast** |  |
| PLAYING TIME ( Sample Letter) |

Dear South Coast ………………. Parents,

Thank you for your support of our team and your child so far: travelling to training, paying levies and uniform costs, filling in all those forms, providing advice and encouragement, and so on. Your efforts are appreciated.

Keep in mind, as we go to the State Championships, what your child has achieved by making the team. It is an honour, and he / she has worked hard to be here.

Remember that our team is made up of players of a range of ages, abilities and experience. Obviously, it is not feasible for every player to have exactly the same playing time, nor would it be reasonable to do this. We ask that you trust that your child will get **fair and reasonable playing time**, and accept that there are players who may get more or less playing time than others.

Everyone in our team is part of our team: no single player wins or loses any game or event. Each player contributes to the team, whether she is on the field / court / bench / pool / track or on the sidelines. If we win a medal, everyone in the team gets one.

What you can do now:

* Provide a calm positive atmosphere: support the player, focus on what your child/the team has done well.
* Avoid comments that might cause your child to become unsettled or to enjoy the championship less (eg. asking them why they did something wrong, criticising the coach’s/umpire’s decisions, making them feel that they are not playing well or not getting a fair go).
* Encourage them to eat sensibly – select salad rolls rather than hot chips, fruit juice or sports drinks rather than fizzy drinks. Bananas and oranges are the best foods to replace lost body salts like potassium.
* Ensure that they have enough water for the games. Keep up fluids between games.
* Encourage them to let the coaching staff know about any injuries which might affect their play, as this allows the coach to make good decisions for the benefit of the team.
* Avoid interrupting or distracting players during warm-up or the games – if you have a message to get to them, communicate through the manager.
* Allow the team to stay together as much as possible between games / events, as this helps build team spirit and morale.
* Above all, enjoy the carnival.

Regards

Regional ………………….Team Officials