



Hockey Tryout Tips for Parents / Guardians:

1. Embrace Positivity and Support

As a cheerleader for your child, your role is invaluable. Remind them of their unique strengths, past achievements, and the passion that fuels their love for the sport. This is a time for encouragement, not critique. Surround them with uplifting affirmations, empowering them to step onto the ice with unwavering confidence.

2. Give the Evaluators Space

Evaluators face the challenging task of selecting team members who best align with the dynamics and goals of the group. It's essential to respect their process by refraining from unsolicited opinions or hovering during evaluations. Trust in their expertise and allow them the space to perform their role without interference.

3. Maintain a Healthy Perspective

Hockey tryouts are important, but they represent just a small chapter in your child's broader journey in sports and life. Regardless of whether they make the team, it's essential to focus on the bigger picture. Emphasize the value of the experience, the lessons learned, and the joy of playing the game itself, rather than solely the outcome.

4. Stay Calm and Composed

Your child will naturally look to you for cues on how to feel and react during tryouts. If you display anxiety or excessive nervousness, it can unintentionally heighten their stress. Even if you're feeling a whirlwind of emotions inside, it's important to project calmness and reassurance on the outside.

5. Celebrate the Effort, Regardless of the Outcome

Every tryout, regardless of the result, deserves to be celebrated. Acknowledge your child's dedication, hard work, and courage for putting themselves out there. Reinforce the idea that their worth is not defined by making a team, but by their determination, passion, and commitment to the sport.

6. Encourage Reflection

After the tryouts, encourage your child to reflect on the experience. What went well? What could they have done differently? This isn't about focusing on perceived failures but about continuous learning and growth.

7. Parents, while the spotlight during hockey tryouts shines on the young athletes, your role behind the scenes is just as crucial. Through your unwavering support, positivity, and balanced perspective, you can transform this experience into something enriching and memorable for your child. Your encouragement not only helps them navigate the challenges but also fosters a love for the sport that lasts a lifetime. By being their cheerleader and providing a steady foundation, you empower them to embrace every moment with confidence and joy.

Thank you.

Brett Garden

President

East Hants Minor Hockey Association