

# Respect in Sports

[www.sportsalliancemn.org](http://www.sportsalliancemn.org)

A monthly newsletter for everyone interested in supporting a positive youth sports experience.

## HAPPY NEW YEAR!

### New Year's Resolutions for Youth Sport Coaches and Administrators:

- Offer a parent education course before your season
- Complete background checks on all individuals working with the players
- Recognize players, coaches, and fans who exemplify good sportsmanship
- Attend a continuing education coaching course in your sport
- Make a positive difference in a child's life
- Do research and learn more about fostering a positive sports climate.
- Reward effort not performance



The Sports Alliance of Minnesota is a coalition of sports organizations whose mission is to provide tools for creating a positive sports environment.

[Become a Member!](#)

### Upcoming Events!

**January 29—**  
[AVP Hot Winter Nights!](#)

Call Target Center ticket office at 612-673-1311 and be sure to mention North Country Region for discount.

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### ABC's of Communication

By: Mary Jo Knudson, Waseca Community Education

Communication is a key factor when it comes to youth sports. Whether you are communicating with administrators, league directors, parents, coaches, officials or players, making sure that you are getting the right message across is very important.

In this electronic age of text messaging, e-mail and everything else, it's time to go back to the basics! The ABC's are great guidelines for effective communication.

Pick an **APPROPRIATE** time and place to have a conversation. A discussion regarding coaching decisions should not take place right after a game or in front of other players.

Remember that everyone is **BUSY**. Be mindful of others' time.

Be **CLEAR** about any expectations you have. Be as specific as possible to reach desired outcomes.

Be **DIRECT** when you have a conflict. Go to the source and resolve conflicts in a conversation. Talking with others who are not involved in the situation can cause hard feelings. Sending an e-mail may be non-confrontational, however, they can often times be misunderstood.

Do not let **EMOTIONS** get in the way of common sense. Remember that everyone wants what is best, and they are trying their hardest to do the right thing. If you disagree, take some time to cool down and evaluate the situation before having a conversation you may later regret.

**FACE TO FACE** is still the most productive way to have a conversation. This leads to a more open dialogue, and sharing of thoughts and ideas that may not have been shared via other lines of communication.

For the complete article, please [click here](#).

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