



How can you help your child thrive in AVSC Nordic Programs?

We are making a deliberate choice to prioritize the mental well-being of our young athletes, and as a parent, your role is pivotal in this endeavor. Achieving this goal will require practice, consistency, and open communication, and we're here to collaborate with you to make your child's experience even more fulfilling. It's crucial to remember that one of the most significant responsibilities of a parent to a skier is providing emotional support during both the highs and lows of their journey. Let them feel your unwavering belief in their abilities, regardless of their performance on the slopes. In this way, you get to be the "good cop."

In addition to the Golden Rules outlined in your parent handbook, we have prepared this guide to help you measure success and understand if your child is thriving in the world of competition. Keep in mind that competing is not mandatory; skiing imparts valuable life lessons, whether or not they choose to participate.

1. Initiate a Pre-Event Conversation: Before your skier sets off for a race, have a conversation with them. Ask what they need and how they want you to support them:

- "Do you want me to bring you anything?"
- "How would you like us to cheer for you?"
- "Where on the course would you like support/cheering?"

Offer positive feedback:

- "Looking strong"
- "Keep up the good work"
- "You've got this"
- "Smile"
- "Stay relaxed"
- "I am so proud of you"

Avoid yelling phrases like "go faster" or "harder"; they are already giving their all.

- Ensure that you don't inadvertently put down other athletes, such as saying "they are dying" or "don't let them catch you."
- Cheer for every child, regardless of their team.
- When in doubt, clap, ring a cowbell (because who doesn't need more cowbell?), offer some "hup," or share some "heia heia's."



- Ask if it's okay to take photos or videos.
- Be adaptable and open to change, as kids can change their minds.

2. Arrival at the Venue: When you arrive at the race venue, greet your child but avoid lingering. Allow them to focus on their upcoming race:

- Let them know where to find you if they need anything.
- The wax bench area can be stressful, so please avoid hanging around it. (Feel free to drop coffee and cookies.)
- Resist the urge to discuss technique or tactics with your child; that's what coaches are for.
- Don't encourage them to mimic other athletes' actions; they have a plan, and their coaches have discussed it with them.
- If you have concerns, approach a coach and discuss them.

3. The Post-Event Conversation: The first 15 minutes of the car ride home from training or a race can significantly impact your child's experience in sports. Prior to the competition, determine if your child wants to discuss it afterward. If they do, focus on the process rather than the results. Avoid making the outcome the primary topic of conversation. Concentrate on the journey, not just the destination:

- Ask questions like:
- "What was the most enjoyable part of your day?"
- Listen and follow up with an engaging "why?"
- "What was your goal for today?"
- Emphasize the process, not the result.
- "What are three things you did well today?"
- "What's one thing you'd like to change for next time?"
- Reward positive behavior and efforts rather than just results.

A parent's attitude towards skiing, our core values, the program, the coach, and their child's participation is fundamental to the child's attitude and success.