

1. I know that my role as a parent is different than the role of the trainer.

never rarely sometimes often always

2. I think my child, the coach and I share the same and realistic goals for my child's squash.

never rarely sometimes often always

3. I don't put pressure on myself, I'm not overly critical or too involved in my child's squash.

never rarely sometimes often always

4. I support and motivate my child and their commitment to squash.

never rarely sometimes often always

5. I look positive and calm when my child loses or plays poorly.

never rarely sometimes often always

6. I value my child's good behavior more highly than the match result.

never rarely sometimes often always

7. After the match, I always treat my child the same, whether he wins or loses.

never rarely sometimes often always

8. I respect the organization and the association, even if mistakes sometimes happen.

never rarely sometimes often always

The questionnaire is intended to stimulate thought. Are there answers in the middle or even left? Are these aspects that could be addressed or at least reconsidered?

Further information can be found under Tips for Parents at www.swissolympic.ch

