

# TIPS FOR SUPPORTERS (whānau, friends, fans)



For Supporters (Whānau, Friends, Fans) of Athletes

**“Whānau Energy – Bringing the Mana”**

**“Positive Presence – Supporters Who Lift the Game”**

Key Skills:

- Respectful Presence: Be visible, vocal, and positive – but never critical.
- Unified Support: Cheer for all athletes, not just your own.
- Emotional Containment: Keep reactions in check, especially around young athletes.

Tips for the Season:

- Use inclusive chants or signs to boost team morale.
- Avoid sideline coaching – let the coaches coach.
- Games are for kids to make their own decisions.
- Celebrate effort and sportsmanship loudly!
- Dress up in PINK to show your support!!!

Quick Reset Strategy:

If tensions rise, take a break from the sidelines and return with fresh energy. Sometimes a snack or water break is all it takes to reset your energy and mood.

**Me Pai Te Wairua - Positive Vibes Only.**

