

# Game Day Support

## START-STOP-KEEP QUESTIONS

This tool gives you a simple way to start a conversation to learn what feels supportive to your athlete on game day. If open-ended questions are difficult, offer choices using the examples below to help guide your conversation.

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### Pre-Game: Set the Tone

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- What's one thing you wish I would **start** saying or doing before games?
  - For example, do you want me to start:
    - Giving you more space?
    - Acting normal and calm?
    - Keeping it simple with a fist bump?

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- What's one thing you wish I would **stop** saying or doing before games?
    - For example, do you want me to stop:
      - Giving you reminders or coaching tips?
      - Talking about your opponent?
      - Acting nervous or stressed?

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- What's one thing you wish I would **keep** saying or doing before games?
    - For example, do you want me to keep:
      - Saying, "I love you"?
      - Having your favorite pre-game snacks available?
      - Making sure you've got your water bottle?

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### In-Game: Manage Your Message

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- What's one thing you wish I would **start** saying or doing during games?
    - For example, do you want me to start:
      - Being quiet and just watching?
      - Keeping my reactions steady no matter if it's a good or bad play?
      - Cheering for the whole team, not just you?
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- What's one thing you wish I would **stop** saying or doing during games?
    - For example, do you want me to stop:
      - Yelling at the officials?
      - Giving you instructions from the sidelines?
      - Showing frustration after a mistake?
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- What's one thing you wish I would **keep** saying or doing during games?
    - For example, do you want me to keep:
      - Cheering for you and your team?
      - Encouraging effort?
      - Staying calm and steady, no matter what happens?
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## Post-Game: Protect Your Relationship

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- What's one thing you wish I would **start** saying or doing after games?
    - For example, do you want me to start:
      - Letting you bring up the game first?
      - Saying something simple like, "Did you have fun?" or "I love you"?
      - Keeping it low-key with just a smile or a hug?
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- What's one thing you wish I would **stop** saying or doing after games?
    - For example, do you want me to stop:
      - Asking you questions?
      - Giving you advice or correction right away?
      - Breaking down the game on the car ride home?
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- What's one thing you wish I would **keep** saying or doing after games?
    - For example, do you want me to keep:
      - Giving you time and space to decompress?
      - Waiting until later to talk about improvements?
      - Talking about normal life instead of the game?
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