DEALING WITH THE CUT

Being cut from a team can be a discouraging experience for youth.
Here's some tips to help ease the pain and encourage positive athlete development.

WHAT ROLE DO YOU PLAY?

1 HOST A PRE-TRYOUT MEETING

A. Describe to athletes and parents your expectations in terms of effort, commitment, and involvement

B. Clearly communicate your selection criteria for making the team

2 EVALUATE AND DECIDE

A. Be visible during the tryout

B. Include outside coaches to help you evaluate

C. Ensure the drills enable you to utilize the tryout criteria. Document everything

D. Consider what intangibles are most important to you for 'bubble players'

3 COMMUNICATE THE CUT

A. Give the news to the athlete in a private, face-to-face meeting

B. Clearly communicate the reasons for being cut

C. Provide specific feedback on strengths and weaknesses, and suggest ways to improve

D. Communicate the reasons for the cut to parents and suggest a 24-hour cooling-off period

4 REFLECT AFTERWARDS

A. Debrief the deselection process with other coaches

B. Reflect on the procedures you used, examine what you did well, and what you will need to improve for next time

C. Reflect on how your process contributes to athlete development

THE COOLING-OFF PERIOD

The first 24 to 48 hours after getting cut are an emotional roller-coaster for young athletes. Take this time to console and provide emotional support to your children. Try to read their emotions and allow for at least a 24-hour cooling-off period before discussing the cut.

COACH

PARENTS & ATHLETES

1 CONSOLE FIRST TALK LATER

2 CHAT ABOUT THE CUT TOGETHER

A. Working together, adopt coping strategies such as rationalizing, positive reframing, and recognizing accomplishments to get through the aftermath of the cut

B. Once the emotions have been worked out and rationalized, focus on future opportunities for your children to play and stay involved in sport

3 TAKE ACTION

ATHLETES

A. Distract yourself by engaging in alternate physical activity and sport

B. Lean on social networks outside of sports clubs and teams for another source of support

C. Focus on the feedback given to you and increase training efforts to overcome the setback

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GET UP, GET BACK TO WORK, AND BE READY FOR THE NEXT TRYOUT!

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