

## PARENT/COACH COMMUNICATION

### Appropriate Concerns to Discuss with Coaches

- 🐾 Expectations for your student-athlete during practices and games
- 🐾 Ways to help your student-athlete improve
- 🐾 Academic support and college opportunities

### Inappropriate Issues to Discuss with Coaches

- 🐾 Playing time and team strategy. It is often difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved
- 🐾 Play calling
- 🐾 Other student-athletes
- 🐾 Personal opinions about the coach



## PROCEDURE FOR DISCUSSING APPROPRIATE CONCERNS

- 🐾 Call the coach or have your student-athlete speak with the coach directly
- 🐾 Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach
- 🐾 Use the *24-hour rule*. Wait to discuss a situation with a coach until 24 hours after the contest

## IF THE MEETING DID NOT PROVIDE SATISFACTORY RESOLUTION

### Resolution should proceed in the following order:

1. Call the head coach of the program and meet to discuss the situation. If not resolved then . . .
2. Call the athletic director to discuss the situation. If not resolved then . . .
3. Call the principal to discuss the situation. If not resolved then . . .
4. Call the superintendent of schools to discuss the situation.

Provided by the Whiteford Athletic Department

*(Information adapted from area schools in Monroe, Washtenaw, and Lenawee Counties)*



WHITEFORD  
ATHLETICS

Home of the Bobcats

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HOW TO  
SUPPORT YOUR  
STUDENT-  
ATHLETE

**P**arents, along with our students, must practice good sportsmanship at all times. Parents need to remember the purpose of athletics is to help our student-athletes acquire important life skills that will help them be successful in their adult lives.

Parents can be the most important role model for student athletes when it comes to their understanding of sportsmanship; therefore, parents should exhibit the qualities of fairness, courtesy and grace in winning and defeat at home or away games and events.

Parents' actions, and reactions to situations, can have a significant impact, not only on their particular student-athlete, but on the whole program. Parents should reflect on the possible consequences of their actions beforehand.



### **PRESSURE ON THE STUDENT-ATHLETE**








Specialization has led to student athletes' decreased enjoyment, burning out, and dropping out of the sport. When parents follow the trend of committing large amounts of money and time for lessons, travel, advice, etc., for a child's development in one sport, undue pressure may be placed on the child to be exceptional and/or earn a scholarship.

### **RESPONSIBILITIES AT AN ATHLETIC CONTEST**

-  Gain an understanding and appreciation for the rules of the contest
-  Exercise representative behavior at all times
-  Recognize and appreciate skilled performance regardless of affiliation
-  Exhibit respect for the officials
-  Display openly a respect for opponents
-  Display pride in your actions at every opportunity

### **ALWAYS REMEMBER TO . . .**

-  Understand the purpose of educational athletics. School sports are about learning and having fun. They're not about attempting to earn college athletic scholarships.
-  Understand that you are possibly the most important role model in your child's life. Carrying on wildly in the stands at games and challenging the authority of coaches and officials does little to model positive behavior in your child's presence.

-  Make your cheers during games those of support of your child – not instructions as to how to play
-  Recognize that school coaches and administrators are now in charge of your child's athletic activities. Don't undermine their authority – openly or behind the scenes
-  Don't live your life through your child's athletic activities. This is their time. This is their place. Let them play
-  Be realistic about your child's ability
-  Not be envious of other athletes' abilities or skills
-  Remember, the coach sees all the athletes at practice every day, in competitive drills, etc. He/she knows the abilities at this stage of development, not how good someone was in the past
-  Encourage having fun. This is a sport and should be fun!

*"What lies behind us and what lies before us are small matters compared to what lies within us."*

**-Ralph Waldo Emerson**