

THE ROLE OF PARENTS

Communicating With Your Children

1. Make sure your children know that win or lose, scared or heroic, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but don't coach them. It's tough not to, but it is a lot tougher for the child to be flooded with advice and critical instruction.
4. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes as part of a team. Help them develop the desire for competing, for trying hard, and to understand what sacrificing for the team might mean to them.
5. Try not to relive your athletic life through your child in a way that creates pressure; If they are comfortable with you win or lose, then they are on their way to maximum achievement and enjoyment.
6. Don't compete with the coach. If your child is receiving mixed messages from two different authority figures, he or she will likely become disenchanted. Instill respect for the coach.
7. Don't compare the skill, courage or attitude of your child with other members of the team. Reinforce that be part of a team at times involves sacrifice and glory. We win and lose as a team.
8. Get to know the coach(es). Then you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
9. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage and the fact that it is relative. Some of us climb mountains and are afraid to fly. Some of us will fly but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear and discomfort.

Communicating With The Coach

Communication You Should Expect From Your Child's Coach

- ? Philosophy of the coach
- ? Expectations the coach has for your child as well as all players on the squad
- ? Locations and times of all practices and tournaments (via TPR)
- ? Team requirements (extra fees, special equipment again via TPR)
- ? Procedure should your child be injured
- ? Discipline that results in the denial of your child's participation

Communication Coaches Expect From Parents

- ? Concerns expressed directly to the coach (not to others)
- ? Notification by email/phone ASAP if missing practice
- ? Notification of any schedule conflicts for tournaments well in advance
- ? Specific concerns in regard to a coach's philosophy and/or expectations

Appropriate Concerns To Discuss With Coaches

- ? The treatment of your child, mentally and physically
- ? Ways to help your child improve -although your child can also approach the coach here
- ? Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coaches

- ? Playing time
- ? Team strategy
- ? Play calling
- ? Other athletes

Appropriate Procedure For Discussing Concerns With Coaches

- ? Call or email to set up an appointment with the coach
- ? Do not confront a coach before or after a tournament or practice (the coach has just volunteered their time with your child for that day and these can be emotional times for all parties involved and do not promote resolution)
- ? Meet with coach face to face for constructive discussion and resolution

What If The Meeting With The Coach Did Not Provide A Satisfactory Resolution

- ? Call or email to set up a meeting with the Executive (for technical skill concerns-Felicity)
- ? Determine who should attend this meeting
- ? Determine the appropriate next steps at this meeting