



THE CAP PACT®

Each section reflects what each constituent – Coach, Athlete, Parent – expects from the other.

Coach's Expectations of Parents:

1. Support the program.
2. Keep me informed of any home issues that might affect your athlete.
3. Follow established grievance guidelines when there is a problem.
4. Be an enthusiastic but respectful fan at games.
5. Support your athlete's efforts and commitment to the program.
6. Monitor your athlete's schedule to help avoid over involvement in diverse activities.
7. Screen your athlete from conflicting input from outside coaches and experts.
8. Do not gossip or complain about me at home, in the community and in social media.
9. Do not substitute your agenda for your athlete.

Parent's Expectations of Coach:

1. Communicate clearly your expectations of me and my athlete.
2. Treat my athlete fairly.
3. Let me know if my athlete is experiencing any problems (physical, social, emotional).
4. Help me to understand my child's role on the team, keeping in mind that as parents we identify with our athlete's achievements.
5. Be a good role model.
6. Address issues of bullying or social ostracism by cliques.

Coach's Expectations of Athlete:

1. Set realistic personal goals for yourself and work toward them.
2. Be honest about your ability level.
3. Let me know if you have an injury or are ill.
4. Understand that my feedback on your performance is constructive.
5. Take pride in your team.
6. Support your fellow athletes.





7. Let me know if you are having academic problems or issues with peers.
8. Let me know if something is going on in your home or personal life that might affect your participation.
9. Let me know if you are getting conflicting advice about your performance from other coaches or your parents.
10. Show respect for my authority and position as coach.
11. Refrain from any use of illegal substances including alcohol.
12. Always display good sportsmanship to opponents and referees/judges.
13. Let me know if you are having conflicts with the scheduling demands of a job or other school related activities.
14. Use social media responsibly.

Athlete's Expectations of Coach:

1. Treat me fairly. Do not play favorites.
2. Do not embarrass me in front of my teammates.
3. Understand that the sport/team might not be as important to me as to you.
4. Understand the pressure I am under from my parents.
5. Understand the conflicts with school work and other activities.
6. Understand that my outside job is necessary for me and my family.
7. Praise me when I am doing something good.
8. Make sure that I am not bullied or harassed by cliques on the team.
9. Help me set realistic goals for myself.
10. Be there for me if I need advice about something personal in my life.

Athlete's Expectations of Parents:

1. Don't live your unfilled dreams through me.
2. Find a way to support me without undue pressure.
3. Show the coach respect.
4. If you don't like what the coach is doing, follow the grievance guidelines.
5. Understand the conflicts I have with school work and other activities.
6. Be a good listener, especially when you don't agree with everything I say.





Complaint/Grievance Policy

We are committed to ensuring that our athletes and their families derive the greatest benefit from our sports program. However, in the event that you feel that there is an issue or problem with the program, parents have the right to file a complaint/grievance which we will make every effort to resolve promptly and fairly. We ask and encourage you to follow the procedures outlined below.

Initial

Athlete talks with the coach about the concern.

Informal

If the initial conversation does not resolve the issue, the parent calls or emails the coach about the concern and allows the coach two (2) school days to discuss the matter with you and offer a solution. If both parties agree that it is necessary, a face to face meeting will be held. The face to face meeting will take place with the parent(s), athlete, and coach.

Level 1

If the informal interaction does not resolve the issue, put your concerns in writing (email or letter) to the coach with an explanation of why the informal process did not solve the problem. You will receive a written reply offering a solution within five (5) school days.

Level 2

1. If the Level 1 response does not resolve the issue, within five (5) school days of receipt of the response from the coach put your reasons for disagreement with the offered solution in detail and in writing to the building Athletic Director.
2. Attach the Level 1 response from the coach.
3. The Athletic Director will conduct an independent investigation of the complaint and contact you to schedule a meeting, if needed, to seek resolution of the issue.
4. Within seven (7) school days from receipt of your request the Athletic Director will send a written reply offering a resolution to the complaint/grievance.

Level 3

Meeting with the Building Principal and District Athletic Director.

Note: *If the complaint/grievance concerns a potential criminal act or immoral behavior by the coach, initiate your complaint in writing at Level 2.*





ACKNOWLEDGEMENT

My signature indicates that I have read The CAP PACT and will adhere to the values, principles and practices contained in the document. I further acknowledge that if a dispute/problem arises I will follow the guidelines indicated in the Complaint/Grievance policy that has been distributed with the CAP PACT.

I. Coach

Name: _____

Sport: _____

Date: _____

Signature: _____

II. Athlete

Name: _____

Date: _____

Signature: _____

III. Parent(s)

Name(s): _____

Date: _____

Signature(s): _____

