



Guide for Parent / Coach Communication

We are very pleased that your son/daughter has chosen to participate in the Renton School District Athletic Program. We will do all we can to provide a positive experience for your athlete. Possibly the most important ingredient to achieve this outcome is to ensure that all lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have the right to know what expectations are placed on your athlete. This guide is intended to spell out all levels of communications so that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is, or might become, an issue.

**Hazen High School
Athletic Office
(425) 204-4250**

**Lindbergh High School
Athletic Office
(425) 204-3171**

**Renton High School
Athletic Office
425-204-3418**

**Dimmitt Middle School
Athletic Office
425-204-2881**

**McKnight Middle School
Athletic Office
425-204-3660**

**Nelsen Middle School
Athletic Office
425-204-4039**

**Risdon Middle School
Athletic Office
425-204-2752**

Communication You Should Expect From Your Athlete's Coach

1. Coach's philosophy.
2. Guidelines for selecting the team.
3. Expectations for your athlete.
4. Locations and times of all practices and contests.
5. Team requirements: equipment, off-season training, etc.
6. Procedure to follow should your athlete become injured during participation.
7. Participant code of conduct and consequences for not following these guidelines.
8. Requirements to earn a letter.
9. Disposition of lost/outstanding equipment at the end of the season.
10. How to best contact the coach.
11. Communication concerning your athlete's role on the team and how he/she fits into the future of the program.

In addition, coaches are expected to:

1. Talk to athletes during contests and take an active role in coaching your athlete.
2. Model appropriate behaviors.
3. Work with parents/guardians to raise money for their teams via fundraising.
4. Follow ASB procedures and WIAA rules.
5. Work with the building Athletic Director to make sure athletes are meeting eligibility requirements and following Renton School District Student Athletic Handbook rules and expectations.

Communication from Parents

1. Express concerns directly to the coach at appropriate times (not during games or when coach is with his/her team).
2. Notify scheduling conflicts well in advance.
3. Specify concerns regarding coach's philosophy and/or expectations.

As your athlete becomes involved in the various programs in the Renton School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your athlete wishes. At these times, discussion with the coach may be the quickest and most effective way to clear up the issue and avoid any misunderstanding. If you are upset, please calm down before you start your discussion with the coach. A good rule of thumb is to wait at least 24 hours after a contest before you discuss your concerns with your athlete's coach.

The term *STUDENT ATHLETE* means something in the Renton School District!

Appropriate Concerns To Discuss With Coaches

1. The treatment of your athlete, psychologically and physically.
2. Ways to help your athlete improve.
3. Concerns about your athlete's behavior.

At times it may be difficult to accept the fact that your athlete is not playing as much as you or the athlete would like. Coaches are professionals who make judgment decisions based on what they believe to be the best for the team and all involved. As you have seen from the list above, certain things can and should be discussed with your athlete's coach, Athletic Director/Assistant Principal. We ask that other things, such as those listed below, be left to the discretion of the coach.

Coach's Decisions

1. Playing time.
2. Team strategy.
3. Play calling.

The Athletic Director/Assistant Principal will not intervene in these types of situations.

Procedure To Voice Concerns

There are situations that may require a conference between the coach, the athlete, the parent(s), and possibly the Athletic Director/Assistant Principal. These are to be encouraged. It is important that both parties involved have a clear understanding of the other person's role and position. When these conferences are necessary, the following procedure should be followed to help promote a resolution.

1. Your athlete should first talk with the coach about their concerns.
2. If, after the athlete meets with the coach, the matter is still unresolved, parents may call to set up an appointment with the coach.
3. If the coach cannot be reached or the parent and athlete don't think that a resolution can be reached by talking with the coach, the building Athletic Director should be contacted.
4. Please DO NOT approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings at these times usually do not work well for the coach, the parent, or the player. Use the "24 hour" rule to keep your emotions in check.

The Next Step

What can a parent do if the meeting/discussion with the coach did not provide a satisfactory resolution?

1. Call and discuss the situation with the school Athletic Director/Assistant Principal.
2. At this time the appropriate next step can be determined.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son's or daughter's experience on one of the Renton School District's sports teams.

Please make contact as follows:

1. Assistant Coach (if applicable)
2. Head Coach
3. Assistant Principal (Athletic Director)
4. Principal
5. District Athletic Director

General Reminders

1. If an athlete visits a physician for illness or injury, he/she must bring the RSD Student Athlete Medical Referral and Return to Participation form from the doctor before being allowed to return to practice.
2. Students who are absent all or part of a school day are not eligible to compete or practice that day (or the next day in the event of a weekend contest) unless the absence is excused. If excused, the athlete may participate if he/she is in attendance for one half day or more or if approved by the assistant principal and/or principal. An athlete is expected to attend all team practices unless excused for illness or by prior approval. If an athlete is absent from practice and not excused, the athlete will be ineligible to participate in the next contest.
3. Any use of drugs or alcohol will result in suspension. School rules and policy apply. Consult the Renton School District Athletic Handbook for details.
4. Any athlete who is ejected from a contest will be suspended and, at a minimum, must sit out the next two contests. They will also meet with the Athletic Director/Assistant Principal.
5. An athlete should not miss a team practice or contest to participate in a non-school sporting event.
6. If a student maintains a job while participating in athletics, it is our hope that the employer will be flexible enough to work with our athletes and their schedules.
7. Please be familiar with all the guidelines and rules in the Renton School District Student Athletic Handbook.

Parents Checklist for Sports

1. Remain in the spectator area.
2. Do not coach your son or daughter during the contest.
3. Provide only supportive comments to coaches, officials, and players of both teams (regardless of team athletic skills).
4. Avoid ridicule or sarcasm.
5. Emphasize teamwork in team sports; teach your athlete to think “we” instead of “me”.
6. Help athletes from getting down on themselves when things don’t go well.
7. Do not drink alcohol at practices or contests or come intoxicated.
8. Cheer for your team and maintain a sense of humor.
9. Show interest, enthusiasm, and support for your child.
10. Maintain a “fun is #1” attitude.
11. Remain calm when mistakes are made and help athletes learn from mistakes.
12. Help when asked by coaches or officials.
13. Don’t be obsessed with your involvement in sports. Remember, there is life after sports.
14. Lead by setting a good example in sportsmanship.

“Win without gloating.

Lose without complaining”

Since research indicates that students that are involved in extra curricular activities have a greater chance for success during adulthood, these programs have been established and encouraged. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this pamphlet helps to make the Renton School District Athletic Program as enjoyable and as positive as possible for both you and your athlete.

Thank you for your support!