

# PARENTS

## Communicating With Your Children

- 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.
- Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.
- 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.
- Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve their skills and attitudes. Help them develop the feeling for competing, for trying hard, for having fun.
- Try not to relive your athletic life through your child in a way that creates pressure. You were frightened, backed off at times and were not always heroic. Athletic children need their parents, so do not withdraw. There is a thinking, feeling, sensitive, free spirit in that uniform who needs a lot of understanding, especially when their world turns bad. If they are comfortable with you win or lose, then they are on their way to maximum enjoyment.
- Don't compete with the coach. If children receive mixed messages from different authority figures, they may become disenchanted.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coach. Then you can be assured that the philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under the coach's leadership.
- Remember that children tend to exaggerate, both when praised and criticized. Temper your reaction and investigate before overreacting.
- 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 for your child as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements (fees, equipment, off-season conditioning)
- Procedures for injuries
- Discipline that results in your child's denial to participate

### Communication Coaches Expect From Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts 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
- Concerns about your child's behavior

### Issues Not Appropriate To Discuss With Coaches:

- Team strategy
- Play calling
- Other student-athletes

### Appropriate Procedure For Discussing Concerns With Coaches:

- Call to set up an appointment with the coach (contact the athletic administrator to set up the meeting if unable to reach the coach)
- Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution)

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

- Call to set up an appointment with the athletic administrator or activities director
- Determine the appropriate next step at this meeting



## Fans Fair Play Code

- I will remember that young people play sports for THEIR enjoyment, not to entertain me.
- I will not have unrealistic expectations and will understand that doing one's best is as important as winning. I understand that ridiculing an athlete for making a mistake is not acceptable behavior.
- I will respect the official's decisions and will encourage all participants to do the same.
- I will respect and show appreciation for the coaches and understand that they have given their time to provide sport activities for our young people.
- I will encourage athletes and coaches to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will show respect for my team's opponents because I realize there would be no game without them.



Respect  
THE  
GAME

