

## Parent & Coach Conversations

### Prepare Your Children to Work Well With Coaches

In addition to the basic manners and respect that makes for functional families and schoolrooms, remind your children that their coaches are in a unique position.

### Stay Mindful of the Coaches' Commitment

Your children's coaches have made a commitment that involves many hours of preparation beyond the time spent at practices and games.

### Make Early, Positive Contact with the Coach

As soon as you know who will coach your children, contact those coaches to introduce yourself and offer any assistance you may provide.

### Fill the Coaches Emotional Tank

Too often, coaches hear only from parents who have complaints. Filling the coaches' Emotional Tanks with specific, truthful praise positively reinforces them to continue doing the things you see as benefiting the youth athletes.

### Don't Put the Player in the Middle

If your child has an issue with the coach and can maturely articulate it, encourage your child to approach the coach and at the very least learn some life lessons in self-advocacy with an authority figure.

Ideally, such conversations would focus on big-picture concerns around your child's ability to have an overall positive experience with the team.

### Let Coaches Coach

It can confuse players to hear someone other than the coach yelling out instructions. Also, your instructions may counter the coaches' strategy and tactics, undermining team performance.

### Observe a "Cooling Off" Period

Wait to talk to the coach about something you are upset about for at least 24 hours. Emotions can get so hot that it's much more productive to wait a day before contacting the coach. This also gives you time to consider exactly what to say.