

BONITA ATHLETICS



COMMUNICATION HANDBOOK

2016-2017

PARENT/ COACH / ATHLETE COMMUNICATION

COMMUNICATIONS

Both parenting and coaching are extremely difficult vocations. Coaches and parents want the athletes to have a positive experience as they participate in the sport or activity.

Communication is the key to making the positive experience become a reality. Athletes, parents, and coaches are all responsible for effective communications.

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR COACH

- Philosophy of the coach.
- Expectations and goals the coach has for your child as well as for the team and season.
- Location and times of all practices and games.
- Team requirements (uniforms, equipment, fundraising, off season workouts)
- Procedures should your child be injured during participation.
- Team rules, guidelines and consequences for infractions.

COMMUNICATIONS COACHES EXPECT FROM PARENTS / ATHLETES

- Athletes should express concerns immediately and directly to the coach. Many times the communication between the coach and the athlete solves the problem.
- Notification of any schedule conflicts well in advance.
- Notification of illness or injuries as soon as possible.

As your children become involved in the programs at Bonita High School, 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 child wishes. At these times discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH YOUR ATHLETE'S COACH

- Concerns regarding your child's mental and physical status.
- The treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team. A parent's main concern is to do what they believe is right for their individual child – and this may not be what is best for the team. A coach's toughest job is to manage the ever present

conflict between what is best for the team and the parent's belief in what is best for the individual child.

As you have seen from the aforementioned list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time.
- Team Strategy.
- Play calling
- Other student athletes.

There are situations that may require a conference between the coach, player and parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THESE ARE THE PROCEDURES YOU SHOULD FOLLOW:

1. Call or email the coach to set up an appointment.
2. The Bonita High School phone number is (909)971-8220. Coach's emails start with their first initial.last name @bonita.k12.ca.us.
3. If the coach cannot be reached, call the Athletic Director. Darren Baumunk (909)971-8220 ex 2105 or Michelle Okayama (909)971-8220 ex 2103.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the Director of Athletics and/or the Assistant Principal in charge of Athletics to discuss the situation.
Eric Podley/ Assistant Principal/ (909)971-8220 ex 2030 / podley@bonita.k12.ca.us
Darren Baumunk / Athletic Dir./ (909)971-8220 ex 2105 / d.baumunk@bonita.k12.ca.us
Michelle Okayama / Athletic Dir. / (909)971-8220 ex 2103 / m.okayama@bonita.k12.ca.us
2. At this meeting, the appropriate next step can be determined.

BONITA ATHLETICS

PARENT'S CODE OF CONDUCT

1. Make sure your children understand that win or lose, you love them.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "improved" performance, not winning.
5. Don't relive your own athletic past through your child.
6. Emphasize the importance of maintaining good grades.
7. Control your emotions at games and events.
8. Be a "cheerleader" for your child AND other children on the team.
9. Respect your child's coaches. Communicate with them in a Positive way.
10. Be a positive role model.

Be sensible and responsible, and keep your priorities in order. There is a lot more at stake than a win/loss record.

THE PROPER PERSPECTIVE – BONITA STYLE

If our purpose is to prepare all children to be adults, then we must find some benefit for both the chosen and the cut, for both the winner and the loser. If our intent is to mirror life, then we must recognize that losing in sports is far more common than winning and that there must therefore be something gained from failing as well as succeeding.

Try to win, we tell our players, because that is the point of the game. But winning cannot and should not be why we play.

We will never take competition out of games. Those that would yearn for that may as well ask people to stop breathing. Competing is human and be a great teaching tool. The problem is not wanting to win, but the obsession with winning. The problem is not seeking victory, but using victory as the only barometer for success.

Failure is a reality in sports and life. In sports you can practice as hard as you like and still fail. You can outwork everyone else and still lose to a team more physically gifted. While studying for a math test can all but guarantee success, a year of practicing how to field a ground ball can be undone by a rock and a bad hop.

And so the reward must be in the effort, and the goal must be the pursuit of excellence.

The player who is cut has not failed if she has done all that she could to make the team. The losing team has not failed if they can say that they could to prepare and played hard.

As coaches, parents and fans, we must begin to reward and value the fight as much as the victory. We must reinforce it at every opportunity. We must teach our children not only how to win but how to fail and then give them the freedom to do both. Because life is not always a smooth road nor is the playing field always equal; we shouldn't try to pave every path and level every field.

We must be coaches of people as much as we are coaches of a game. Until then, we do both the game and those that play a disservice.

We will never take the sting out of failure. But we can gain some lessons from it. The lessons are ours to decide.

(Quoted from article by Gil Arzola, Former Head Coach at Portage High School (IN)).



SPECTATOR CODE OF BEHAVIOR / ETHICS

IT IS THE RESPONSIBILITY OF THE SPECTATOR TO:

- **KEEP CHEERING POSITIVE. THERE SHOULD BE NO PROFANITY OR DEGRADING LANGUAGE OR GESTURES.**
- **AVOID ACTIONS THAT OFFEND VISITING TEAMS OR INDIVIDUAL PLAYERS.**
- **SHOW APPRECIATION OF GOOD PLAY BY BOTH TEAMS.**
- **LEARN THE RULES OF THE GAME IN ORDER TO BE A BETTER-INFORMED SPECTATOR.**
- **TREAT ALL VISITING TEAMS IN A MANNER IN WHICH YOU WOULD EXPECT TO BE TREATED.**
- **ACCEPT THE JUDGEMENT OF COACHES AND OFFICIALS.**
- **ENCOURAGE OTHER SPECTATORS TO PARTICIPATE IN THE SPIRIT OF GOOD SPORTSMANSHIP.**
- **AVOID THE USE, ABUSE AND RESULTING NEGATIVE INFLUENCE OF DRUGS AND ALCOHOL BEFORE ATTENDING A HIGH SCHOOL EVENT.**

BE A FAN, NOT A FANATIC

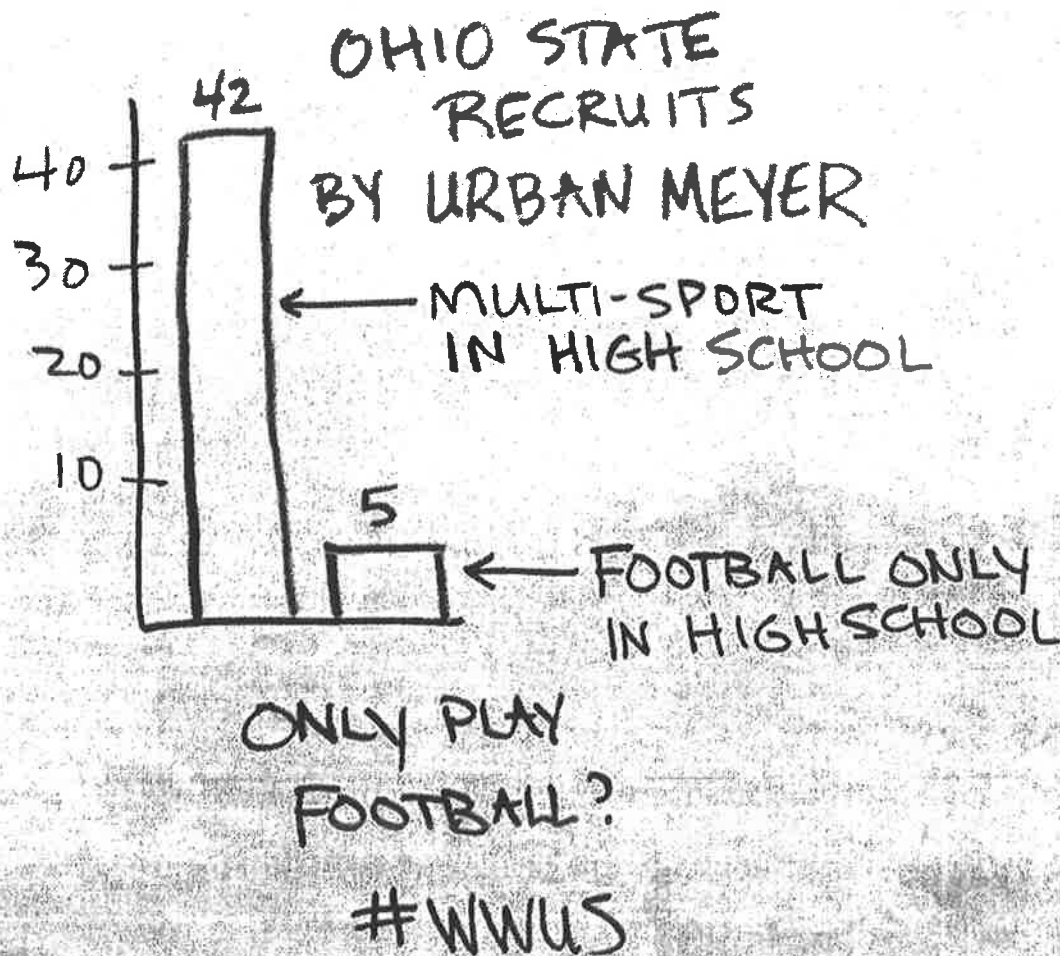
FAN: DEFINITION = ADMIRER OF A SPORT

**FANATIC: DEFINITION = UNBALANCED OR
OBSESSIVE BEHAVIOR.**



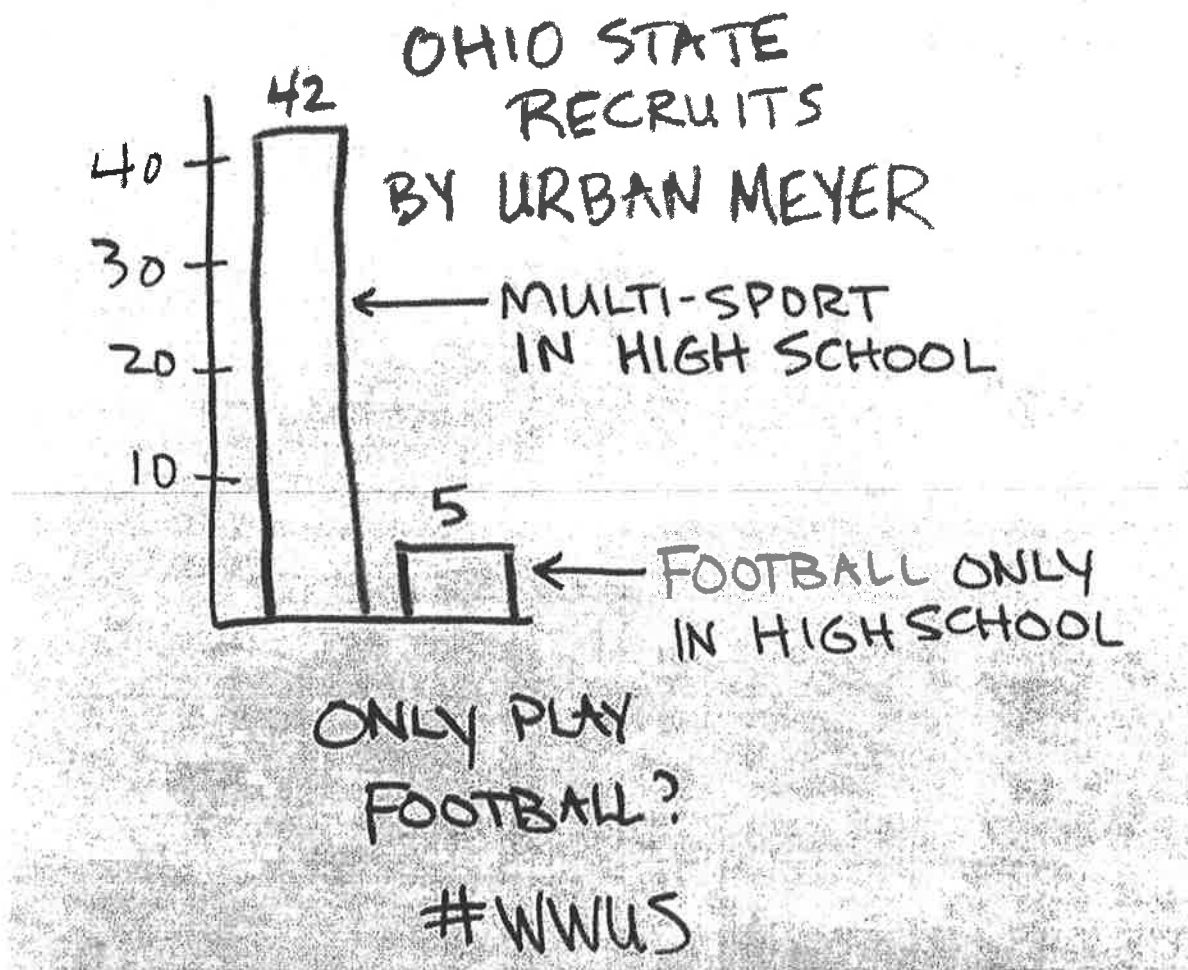
The Perils of Single-Sport Participation

BY JOHN O'SULLIVAN / SUNDAY, 25 JANUARY 2015 PUBLISHED IN MESSAGES FOR KIDS. PHYSICAL LITERACY. PROBLEMS IN YOUTH SPORTS. SPECIALIZATION



For the last few days, my email and social media accounts have been lit up by a simple image first shared with me on Twitter by @ohiovarsity. It is amazing because the image portrays something that is widely known among experts, widely discussed in coaching circles, and has certainly been written about by me and others many times. Yet [this excellent blog article on a high school sports site](#) got over half a million shares in the first 3 days it was out because this image touched a nerve

Why? Well, here is the image:



The question I was asked over and over this week was “What do you think of this?”

My answer, over and over was, “Amen, agreed, hopefully now people will start paying attention.”

If it takes an infographic of Urban Meyer’s football recruits at Ohio State to shift the paradigm in youth sports, then so be it. The image above, which clearly demonstrates that the overwhelming majority of his recruits are multi-sport kids, is not new information, but it has caused quite a stir. Here is what it says in a nutshell:

To be an elite level player at a college or professional sport, you need a degree of exceptional athleticism. And the best medically, scientifically and psychologically recommended way to develop such all around athleticism is ample free play and multiple sport participation as a child.

Why? Well let’s see what the experts say:

Coaches and Elite Athletes:

Pete Carroll, former USC and now Seattle Seahawks Football coach, says [here](#) “The first questions I’ll ask about a kid are, ‘What other sports does he play? What does he do? What are his positions? Is he a big hitter in baseball? Is he a pitcher? Does he play hoops?’ All of those things are important to me. I hate that kids don’t play three sports in high school. I think that they should play year-round and get every bit of it that they can through that experience. I really, really don’t favor kids having to specialize in one sport. Even [at USC], I want to be the biggest proponent for two-sport athletes on the college level. I want guys that are so special athletically, and so competitive, that they can compete in more than one sport.”

Dom Starsia, University of Virginia men’s lacrosse: “My trick question to young campers is always, ‘How do you learn the concepts of team offense in lacrosse or team defense in lacrosse in the off-season, when you’re not playing with your team?’ The answer is by playing basketball, by playing hockey and by playing soccer and those other team games, because many of those principles are exactly the same. Probably 95 percent [of our players] are multi-sport athletes. It’s always a bit strange to me if somebody is not playing other sports in high school.”

Or in [this interview with Tim Corbin](#), coach of NCAA Champion Vanderbilt Baseball, on why he chooses multi-sport athletes over single sport kids.

Or **Ashton Eaton, world record holder and gold medalist in the decathlon**, who never participated in 6 of the 10 required decathlon events until he got to the University of Oregon.

Or **Steve Nash, who got his first basketball at age 13 and credits his soccer background for making him a great basketball player, a similar story to the 100 professional athletes interviewed in [Ethan Skolnick and Dr. Andrea Korn’s *Raising Your Game*](#)** .

The list goes on and on.

What about the medical experts?

Is It Wise to Specialize?

What Every Parent Needs to Know About Early Sports Specialization and its Effect Upon Your Child's Athletic Performance



John O'Sullivan

Author of the Bestselling Book *Changing the Game*

Click to get your copy today!

As I have outlined in my ebook *“Is it Wise to Specialize?”* and echoed in world renowned orthopedic surgeon James Andrew’s book *Any Given Monday*, there are strong medical reasons for not specializing at a young age:

1. Children who specialize in a single sport **account for 50% of overuse injuries** in young athletes according to pediatric orthopedic specialists.
2. A study by Ohio State University found that children who specialized early in a single sport led to higher rates of **adult physical inactivity**. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.
3. In a study of 1200 youth athletes, Dr Neeru Jayanthi of Loyola University found that early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study **who specialized were 70% to 93% more likely to be injured** than children who played multiple sports!
4. Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment
5. Early sport specialization in female adolescents is associated with increased risk of anterior knee pain disorders including PFP, Osgood Schlatter and Sinding Larsen-Johansson compared to multi-sport athletes, and may lead to higher rates of future ACL tears.

And the sport scientists?

In January 2015, I had the honor of sitting in a lecture with Manchester United Performance Coach Tony Strudwick, winner of 13 titles as the fitness coach for Manchester United’s first team. His advice was that a multi-sport background prior to the age of 12 set up soccer players for long-term success by lowering the rates of injuries and making them more adaptable to the demands of elite level play. “More often than not,” he stated in a recent interview with SoccerWire.com, “the best athletes in the world are able to distinguish themselves from the pack

thanks to a range of motor skills beyond what is typically expected in a given sport.” He recommended tumbling and gymnastic movements, as well as martial arts, basketball, and lacrosse as great crossover sports for soccer.

Here are some other advantages I have previously written about:

1. **Better Overall Skills and Ability:** Research shows that early participation in multiple sports leads to better overall motor and athletic development, longer playing careers, increased ability to transfer sports skills other sports and increased motivation, ownership of the sports experience, and confidence.
2. **Smarter, More Creative Players:** Multi-sport participation at the youngest ages yields better decision making and pattern recognition, as well as increased creativity. These are all qualities that coaches of high-level teams look for.
3. **Most College Athletes Come From a Multi-Sport Background:** A 2013 American Medical Society for Sports Medicine survey found that 88% of college athletes surveyed participated in more than one sport as a child
4. **10,000 Hours is not a Rule:** In his survey of the scientific literature regarding sport specific practice in The Sports Gene, author David Epstein finds that most elite competitors require far less than 10,000 hours of deliberate practice. Specifically, studies have shown that basketball (4000); field hockey (4000) and wrestling (6000) all require far less than 10,000 hours.
5. **There are Many Paths to Mastery:** A 2003 study on professional ice hockey players found that while most pros had spent 10,000 hours or more involved in sports prior to age 20, only 3000 of those hours were involved in hockey specific deliberate practice (and only 450 of those hours were prior to age 12).

Are all sports the same?

No, they are not. They each require specific athletic, technical, and tactical skill sets. Some sports, in order to be elite, require early specialization, such as gymnastics and figure skating.

Other sports are so dependent upon physical prowess (American football, basketball, volleyball, rugby and others) that the technical skills and tactical know how can be developed later. There are many stories of athletes taking up these sports in their teens, even 20's, and playing at a very high level because of the ability to transfer skills learned in one sport to another.

And then there are sports like hockey and soccer, which without a doubt require an early introduction to the sport. There are technical movements and skills that are most sensitive to improvement prior to a child's growth spurt, and it is unlikely that a post-pubescent child is able to catch up if that is their first introduction to the sport.

HOWEVER, there is no evidence that pre-teen athletes in these sports should only play a single sport. As both the hockey evidence and the interview with Tony Strudwick mentioned above demonstrate, playing multiple sports early on sets these athletes up for longer-term success. They can better meet the demands of elite level play. They are less likely to get injured or burnout, and more likely to persist through the struggles needed to become a high-level performer.

If you want your child to play at a high-level, then the best thing you can do is help them find a sport that best suits their abilities, and help create an environment that gives them the best chance of success.

That environment is a multi-sport one. The evidence is in. It is pretty conclusive.

It is time for our youth sports organizations to not only allow but encourage multi-sport participation. Yes, it is tough on the bottom line. But ask yourself this:

Is your bottom line worth more than the well-being of the children you have been entrusted with educating?

So what do you think? Should kids play multiple sports? Only one? If you think specialization is the right path prior to the teenage growth spurt (excluding gymnastics and figure skating), then by all means bring some evidence and links to the discussion. And if not, then how about some thoughts on how we can stand up and change the status quo that forces kids to choose far too young.

Thanks to Urban Meyer and the poignant image of his recruiting class breakdown, we now have the opportunity to have this discussion.

We have the opportunity to serve our children better.

We have the responsibility to help them become better athletes by encouraging them to become all-around athletes.

And we can do this by letting them play multiple sports.

Let the discussion begin and please...

U.S. women were multi-sport athletes before focusing on soccer

Martin Rogers, USA TODAY Sports 3:47 p.m. EDT July 3, 2015



USA TODAY Sports' Laken Litman breaks down the Women's World Cup championship game, where the U.S. looks to knock off Japan after losing in the 2011 final. USA TODAY Sports



(Photo: Marc DesRosiers, Marc DesRosiers-USA TODAY Sports)

VANCOUVER – Abby Wambach is the greatest header of a ball in women's soccer history, a fact she credits to ... basketball?

The United States forward is gearing up for the last and most important game of her World Cup career, the one she hopes will plug the only remaining gap on her glowing resumé.

Yet Wambach believes that the success of her time in soccer, the end of which feels that much closer as the team prepares to face Japan in Sunday's final, would not have been possible without her exploits on the hardwood in her youth.

"Playing basketball had a significant impact on the way I play the game of soccer," Wambach said. "I am a taller player in soccer, in basketball I was a power forward and I would go up and rebound the ball. So learning the timing of your jump, learning the trajectory of the ball coming off the rim, all those things play a massive role."



USA TODAY

Army veteran goes to great lengths to cheer on USA in World Cup final

(<http://www.usatoday.com/story/sports/soccer/2015/07/03/army-veteran-womens-world-cup-uswnt/29665267/>)

While specialization is a booming and concerning trend in youth sports, with athletes as young as 10 years old focusing solely on one discipline as competition for college scholarships and professional careers reaches extreme levels, the U.S. women's team can be seen as proof that such an approach is not the only route to success.

A quick survey of members of the squad found that collectively they played at least 14 different sports competitively while growing up, as well as soccer. And significantly, all believe the other disciplines enhanced rather than hindered their soccer careers.

Wambach lettered in basketball at Our Lady of Mercy High School in Rochester, N.Y., and could have played at the collegiate level. Midfielder Morgan Brian played basketball all four years of high school and says it is "the same game as soccer, in terms of vision." Forward Amy Rodriguez swam, played softball and ran track. Lauren Holiday also competed in track, played basketball and baseball and "would have played football if they had let me."

"Having that variety is an awesome thing and I would encourage any young athlete or parent not to restrict themselves," Holiday added. "Doing different things develops different parts of your body. It can help prevent injuries and definitely help prevent burnout."

HOW TO DEVELOP MENTALLY TOUGH ATHLETES BY FRANK L. SMOLL PH.D

One of the highest compliments an athlete can get is the label "mentally tough." Mental toughness isn't a quality people are born with. Rather, it includes a set of learned attitudes and ways of viewing competitive situations in productive ways.

Coaches and parents are in an ideal position to help young athletes develop a healthy philosophy about achievement and an ability to tolerate setbacks when they occur. By teaching mental toughness lessons to kids, adults can give them a priceless gift that will benefit them in many areas of everyday life. Here are some specific attitudes that can be communicated to young athletes.

1. Sports should be fun.

- Emphasize that sports and other activities in life are enjoyable for the playing, whether you win or lose.
- Athletes should be participating, first and foremost, to have fun.
- Try to promote enjoyment of many activities in and of themselves so that winning is not a condition for enjoyment.

2. Anything worth achieving is rarely easy.

- It's important to recognize that the process of achieving mastery is a long and difficult road. According to Vince Lombardi, the famous coach of the Green Bay Packers, "The dictionary is the only place that success comes before work. Hard work is the price we must pay for success."
- Becoming the best athlete one can be is not an achievement to be had merely for the asking.
- Practice, practice, and still more practice is needed to master any sport.

3. Mistakes are a necessary part of learning anything well.

- Very simply, if we don't make mistakes, we probably won't learn. John Wooden, legendary UCLA basketball coach, referred to mistakes as the "stepping stones to achievement."
- Emphasize to athletes that mistakes, rather than being things to avoid at all costs, are opportunities for performance enhancement. They give us the information we need to adjust and improve.
- The only true mistake is a failure to learn from our experiences.

4. Effort is what counts.

- Emphasize and praise effort as well as outcome.
- Communicate repeatedly to young athletes that all you ask is that they give total effort.
- Through your actions and your words, show youngsters that they are just as important to you when trying and losing as when winning. If maximum effort is acceptable to you, it can also become acceptable to young athletes.
- Above all, don't punish or withdraw love and approval when kids don't perform up to expectations. Such punishment builds fear of failure.

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5. Don't confuse worth with performance.

- Help youngsters to distinguish what they *do* from what they *are*. A valuable lesson for children to learn is that they should never identify their worth as people with any particular part of themselves, such as their competence in sports, their school performance, or their physical appearance.
- You can further this process by demonstrating your own ability to accept kids unconditionally as people, even when you are communicating that you don't approve of some behavior.

- Show children that you can gracefully accept your own mistakes and failures. Show and tell them that as a fallible human being, you can accept the fact that, despite your best efforts, you are going to occasionally bungle things.
- If children can learn to accept and like themselves, they will not unduly require the approval of others in order to feel worthwhile.

6. Pressure is something you put on yourself.

- Help young athletes to see competitive situations as exciting self-challenges rather than as threats.
- Emphasize that people can choose how to think about pressure situations.
- The above attitudes will help to develop an outlook on pressure that transforms it into a challenge and an opportunity to test themselves and to achieve something worthwhile.

7. Try to like and respect sport opponents.

- Some coaches and athletes think that proper motivation comes from anger or hatred for the opponent. That's totally wrong!
- Sports should promote sportsmanship and an appreciation that opponents, far from being the "enemy," are fellow athletes who make it possible to compete.
- Hatred can only breed stress and fear. In terms of emotional arousal, fear and anger are indistinguishable patterns of physiologic responses. Thus, the arousal of anger can become the arousal of fear if things begin to go badly during competition.

Do you want to learn more about coaching and parenting young athletes?

- The *Mastery Approach to Coaching* and *Mastery Approach to Parenting in Sports* are research-based videos that emphasize skill development, achieving personal and team success, giving maximum effort, and having fun.
- To access the videos, go to the Youth Enrichment in Sports website.

