

**HOLY FAMILY HIGH SCHOOL
PARENT-COACH-ATHLETE COMMUNICATION/EXPECTATION
GUIDELINES**

Both parenting and coaching are very challenging vocations. Through effective communication, each group is better equipped to accept the actions of the other and thereby provide greater benefit to our student/athletes. Parents have a right to understand the expectations that are placed upon their child upon entering the Holy Family High School Athletic Program. Both parents and coaches have a right to clear and open communication concerning the athlete. In an attempt to clearly communicate with each other, we have set specific guidelines in order to benefit all involved.

I. Communication Expected From the Coach

1. Expectations the coach has for your student/athlete and all athletes on the team
2. Coach's philosophy
3. Discipline that results in the denial of your student/athlete's participation (Team rules in addition to the general school Athletic Code)
4. Locations and times of all practices and contests
5. Team requirements (fees, fundraising, special equipment, off-season conditioning, lettering procedures, etc.)
6. Injury procedures should your student/athlete be hurt during a practice or contest

II. Expectations of Players

1. Understand the coach's expectations of you on and off the playing field
2. Be prepared to give the coach your full attention and consistent effort in practice and in competition
3. Figure out when and where it is best to discuss problems with the coach
4. Learn to take criticism. Always ask, "What can I do to improve?"
5. Talk to the coach directly rather than behind his or her back. Schedule an appointment to discuss any problem after giving full consideration to the coach's point of view.
6. Evaluate your problem carefully and practice stating it without becoming emotional.
7. Notify the coach of any schedule conflicts well in advance.
8. Communicate about any injury or illness. Bring a doctor's note if applicable.

As the athlete becomes involved in our athletic program, he/she will experience some very rewarding moments. As with any life situation, there may also be times when things do not go well. Discussion with the coach is encouraged at these times.

III. Expectations of Parents

1. Be a strong supporter of your student-athlete, win or lose.
2. Encourage your athlete to communicate directly with the coach.
3. Be a positive role model at home and at games.
4. Refrain from criticizing coaches in a public setting.
5. Remember that your speech, attitude, and actions toward a coach will influence your student-athlete's opinion of that coach.

IV. Appropriate Concerns to Discuss With Coaches

1. The treatment of your student/athlete, mentally and physically
2. Strategies to help the athlete improve
3. Concerns or changes in your student/athlete's behavior

It is very difficult to be objective about our children. It is also difficult to accept your student/athlete's not playing as much as you may hope. Coaches are professionals. They make judgment decisions constantly, based on what they believe to be best for all athletes involved. As you can see from the list above, certain items can be and should be discussed with the coach. Other items, such as the following, must be left to the discretion of the coach.

V. Issues Not Appropriate To Discuss With Coaches

1. Other student-athletes
2. Playing time
3. Play calling
4. Team strategy
5. The level at which your athlete plays (e.g. JV instead of varsity)

Certain situations may require a conference between the coach and the parent. These conferences are encouraged. However, it is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

VI. If You Have A Concern To Discuss With The Coach, Follow These Procedures:

1. Call the coach to set up an appointment. Holy Family High School number is 303-410-1411.
2. If the coach cannot be contacted in a reasonable amount of time, call the Athletic Office at 303-410.1411, and we will try to set up the meeting between you and the coach.

Please do NOT attempt to confront a coach before, after, or during a practice or contest. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution and may even increase the problem.

VII. The Next Step – (What A Parent Can Do If The Meeting With The Coach Did Not Provide A Satisfactory Resolution)

1. Call and set up an appointment with the Athletic Director, Ben Peterson, to discuss the situation.
2. The next step can then be determined.

Research indicates that a student involved in athletics and activities has a greater sense of self esteem, a greater chance of graduation, a higher grade point average, fewer absences from class, and in general, a greater chance for success in adulthood. Remember that this is a training period for both you and your athlete. The more you both become involved in communicating with the coach now, the better your athlete will be prepared to do it in college and in later life. We hope that the guidelines provided will make your experience with the Holy Family High School Athletic Program less stressful and more enjoyable.

ATHLETE: _____

DATE _____

PARENT: _____

DATE _____