

## **Plainfield East High School Athletic Expectations**

### Winning means:

Not quitting

Exceeding what you thought you were capable of doing

Learning from your mistakes

Giving your all – your best effort

Being proud of your accomplishments

Having no regrets

### *Expectations of our Coaching Staff*

- Our coaches are teachers who mold an athlete mentally as well as physically and aid the athlete into realizing his/her potential.
- Our coaches are enthusiastic motivators who help athletes set both realistic and idealistic goals for individual and team performance improvement.
- Our coaches realize that they are role models. They are to promote good sportsmanship through their conduct and respect of others.
- Our coaches assist in enforcing the Athletic Code as well as school rules and their own team policies.
- Our coaches are loyal to Plainfield East High School, support the whole school program and encourage athletes' participation in athletics and activities.
- Our coaches are professionals, who make decisions based on the best interest of our student-athletes.

### *Expectations of our Athletes*

- Our student-athletes understand that their academic responsibilities come first and foremost.
- Our athletes make a commitment to the success of the whole Plainfield East Athletic Program and keep the commitment on and off the field.
- Our athletes engage in positive peer pressure and encourage their teammates to follow the Athletic Code.
- Our athletes have a good work ethic and strive to obtain the realistic and challenging individual and team goals they have set with the assistance of their coach.
- Our athletes are leaders for their teammates and classmates and demonstrate this leadership through their actions and sportsmanship on and off the field.
- Our athletes respect their coaches, teammates, opponents, officials, fans, PEHS facilities and equipment.

### *Expectations of our Parents*

- Our parents display positive support for the student athletes and coaches of Plainfield East High School. (Nothing can erode teamwork faster than athletes doubting the capabilities of their coaches. It can be a cancer that affects performance, confidence and the needed edge to compete in an athletic contest).
- Our parents notify the coaching staff of any schedule conflict in advance. They also notify the coaches of an illness or injury that our staff may not be aware of.
- Our parents are good role models and demonstrate positive behavior and sportsmanship as fans.
- Our parents are partners with school officials in promoting, understanding and monitoring the Athletic Code.
- Our parents work with the coaching staff to maintain open lines of communication.
- Our parents have realistic expectations of their student athletes in the classroom as well as on the field and encourage their son or daughter to give his or her best effort – physically, mentally and emotionally.
- Our parents make an effort to understand the rules of the game.
- Our parents make every effort to support their child through attendance at athletic contests and awards nights.

#### ***Issues that are appropriate to discuss with coaches***

- ❖ Concerns about academic eligibility
- ❖ Concerns about behavior, training rules or the Athletic Code
  - ❖ Ways to help your athlete improve

#### ***Issues that are not appropriate to discuss with coaches***

- Other athletes
- Philosophy – play calling
- Team or individual strategy
  - Playing time

Do not attempt to confront a coach before or after a practice or contest. These surprise meetings rarely accomplish anything and do not promote resolution. Call or ask the coach for a time to meet.