

## **The Next Step:**

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 Athletic Director at (248) 726-5208 to discuss the situation with all parties concerned. **The expectation from the Athletic Director is the parent, ideally the child and the coach have already met.**
2. At this meeting the appropriate next step can be determined.

## **The Research Says...**

Research indicates students involved in co-curricular activities have a greater chance for success during adulthood. We believe the Adams High School athletic program helps develop the character traits that promote a successful life after high school.

We hope the information provided within this pamphlet makes both your child's and your experience with the Adams athletic program more enjoyable.

## **24-Hour Rule**

Rochester Adams High School and our athletic coaches have a 24-Hour Rule in place after each contest and practice.

Athletics are heavily tied to emotions. Fans, players and coaches often get excited and emotional, despite our best efforts to maintain our poise. There is an appropriate time and place to discuss and communicate concerns. As you communicate with each other, please remember to do so in a proper format.

The "24-Hour Rule" simply states coaches will not discuss a contest, or situation, until at least 24-hours after the fact. Please do not approach a coach with a concern during, or immediately following a contest, or practice. This important rule does two things: First, it moves the discussion away from the presence of other team members. Second, it allows all parties to have time to put things in perspective and "cool off", if necessary.

If parents will respect the 24-Hour Rule, their concerns are more likely to be fully addressed in reasoned discussion. More importantly, the student-athletes enjoyment of a practice or game won't be marred by an ill-timed confrontation.

**Thank you for your cooperation.**

## **Rochester Adams High School**

### **Athletics**



### **Parent/Coach Communication Guide**

## **Parent/Coach Relationship**

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of each other, providing greater benefit to children. As parents, when your children become involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

## **Communication You should Expect From Your Son/Daughter's Coach**

1. Philosophy of the coach.
2. Rules and expectations the coach has for your child and the other players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation
6. Discipline that results in the denial of your child's participation.

## **Communication Coaches Expect From Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns regarding a coach's philosophy, rules and/or expectations.

As your children become involved in the Adams athletic program, they will experience some of the most rewarding moments of their lives. It is important to understand there may also be times when circumstances do not transpire in the way you, or your child, expect. At these times, discussion with the coach is encouraged.

## **Appropriate Concerns To Discuss with Coaches:**

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. **If possible, it is also strongly encouraged to have the child present during the meeting, to eliminate any miscommunication that may have transpired between school and home.**

1. The treatment of your child mentally and physically.
2. Ways to help your child improve so that your child will see more playing time.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope.

## **Issues not Appropriate to Discuss with Coaches**

While there are certain things which can and should be discussed with your child's coach, there are other things which must be left to the discretion of the coach.

1. Strategy
2. Play Calling
3. Other student-athletes

## **If You Have Concerns To Discuss With the Coach, The Procedure You should Follow...**

When parent-coach conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

1. Contact the coach and schedule an appointment to meet, **preferably with the child present.**
2. If the coach cannot be reached, call the Athletic Office (248) 726-5208 to aid in scheduling the appointment with the coach.

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