

# Parent/Coach Communication- Palmer High School Athletics

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

## **Communication You Should Expect From Your Child's Coach**

- Any of the Philosophies of the coach
- Expectations of his/her players
- Location/time/dates of all practices
- Team requirements and rules



## **Communication Coaches Expect From Parents**

- Notification when a student is absent from practice.
- Concerns with the teams rule/expectations.
- Notifications of any schedule conflicts well in advance.
- Concerns expressed directly to the coach.
- Injuries, safety, harassment or health concerns.

When your children become involved in Athletics at Palmer High School, they will experience challenging and rewarding moments through the highs and lows of participation. It is important to understand that there may be times when things do not go the way your child wishes. At these times, the expectation is that the student-athlete, not the parents, will initiate a discussion with the coach about the concern. We believe this approach is both the most likely way to a positive end, and a valuable learning experience for the student. The coaches have been instructed to encourage this type of dialogue and to promptly set aside time for individual, private appointments when requested.

## **Appropriate Concerns To Discuss With Coaches**

- The treatment of your child, mentally or physically
- Ways to help your child improve
- Concerns about your child's behavior

Decreased or lack of playing time is difficult to accept as a participant and as a parent. Playing time is not guaranteed in High School activities. Coaches are professionals, they make judgment decisions based on what they believe to be the best for all students involved. A coaches decision on playing time is based on a number of variables such as match ups, safety, health, practice, leadership, and past performances.

**24 Hour Rule-** If a situation arises that upsets the parent or the athlete, we ask that you adhere to the 24 hour rule. Refrain from contacting coaches or administration for 24 hours, this will give you time to contemplate the situation and allow you to get your emotions under control. Impulsive emails or communication when we do not have our emotions in check are non-productive and are typically not one of our best moments. Please do not attempt to confront a coach before or after a game contest regarding a concern!

#### **Issues Not Appropriate to Discuss With Coaches**

- Playing time
- Team strategy
- Play calling
- Other students/athletes

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 other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue of concern.

#### **The Procedure to Follow if You Have a Concern to Discuss with a Coach**

- Request a meeting to take place with the athlete in attendance.
- Call or email to set up an appointment with the coach.

#### **The Next Step**

What can a parent do if the meeting with the coach did not provide satisfactory resolution? Write/email/call the Athletic Director outlining the facts and concerns of the situation. As appropriate, additional conferences will be set up and the situation will be addressed.

Athletic Director: Hollan Gravley [Hollan.gravley@matsuk12.us](mailto:Hollan.gravley@matsuk12.us) 907-746-8424

### **HOW CAN PARENTS HELP THEIR ATHLETE BEFORE, DURING AND AFTER THE GAME**

**Before- Know their goals, roles and needs, and accept them. Release them to the game, their coach and team**

**During- Model poise, confidence and correct behavior. Focus on our team/ Remain positive! Ensure students are on time to events, picked up on time after events and communicate with coaches when your student is absent.**

**After-Give them all the time and space they need. Be a confidence builder. DO NOT be a coach.**