

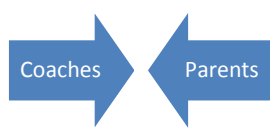
# AHS Athletic Department

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## *Parent/Coach Communication Guide*

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Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student athletes. As parents, when your son/daughter becomes involved in our program, you have a right to understand what expectations are placed on him/her. This begins with clear communication from the coach of your son's/daughter's program.



### ***Communication you should expect from your son's/daughter's coach***

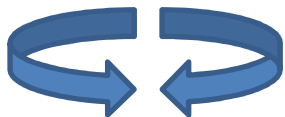
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1. Philosophy of the coach
2. Locations and time of all practices and contests.
3. Team requirements; i.e. practices, special equipment, out of season conditioning.
4. Procedure followed should your son/daughter be injured during participation.
5. Discipline that may result in the denial of your son's/daughter's participation.

### ***Communication coaches expect from parents***

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1. Notification of any schedule conflicts well in advance.
2. Specific concerns with regard to coach's philosophy and/or expectations.



### ***How and When to Speak to the Coach***

As your son/daughter becomes involved in the athletic program at AHS they will experience some of the most rewarding moments of their lives. It is important that they understand that there also may be times when things do not go the way you or your

son/daughter wish. At these times, we encourage your son/daughter to speak with their coach directly.

Although it may be difficult to accept your son/daughter not playing as much or where you hope, you must remember that coaches are professionals. They make judgments based upon what they believe to be best for all student athletes involved as well as what is best for the team. As you have seen from the list above, certain things can and should be discussed with your son's/daughter's coach. Other things should be left to the coach's discretion. The following are examples of things that are not appropriate for parents to discuss with the coach:

1. Team strategy/ Position/ Individual playing time.
2. Other students/athletes

However, sometimes there may be situations that require a conversation between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call or email the coach.
2. If the coach cannot be reached, call the school or athletic director.
3. 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 do not promote resolution.
4. 24-48 hour rule...*Contact the coach after 24 hours but within 48 hours.*

### ***Conclusion***

Remember, our athletic program is an extension of the classroom. As such, we hope athletics instills life skills such as: dedication, persistence, sacrifice, team work, goal setting, and leadership, just to name a few. The best way to achieve this is for the student athlete to be accountable and act/speak on their own behalf. By doing so, we have a greater chance for success, now and in the future, as they enter adulthood. Together, our athletic program can help teach life-long lessons while providing memories that will last forever!