

## PARENT - ATHLETE - COACH COMMUNICATION GUIDE

### ***BMHS Philosophy:***

- Athletic achievement requires sincere commitment from all athletes, parents, coaches, and administrators. For success, effective communication must occur.
- The BMHS athletic department and administration believe strongly in being supportive of the coaching staff and being accessible to parents.
- We are continually attempting to improve communication with the students and parents. For our programs to be truly successful, it is necessary that everyone understand the focus and direction of the program.

### ***Expectations for Parents:***

#### **A. Be supportive on the sidelines or in the stands! Attendance is a privilege, not a right.**

- a. Unsportsmanlike behavior can cause removal from games or events.

#### **B. Do not air your grievances with your athlete. Be there to support them and to listen.**

- b. Listen to your student-athlete and help them problem solve. They will become stronger adults by learning how to solve their own problems when applicable. Encourage them to discuss their situation with a coach that they have bonded with on the team.

#### **C. It is reasonable to expect your child's coach to inform you:**

- c. When and where practices and contests are held.
- d. About his or her coaching philosophy.
- e. About the expectations he or she has for all athletes on the squad as well as your specific child.
- f. What is required to be a part of the team, i.e., fees, special equipment, off-season programs, letter requirements, etc.
- g. If your child is injured during participation in a practice or contest.
- h. Whenever any disciplinary action results in your son or daughter being denied participation in a practice or contest.

#### **D. Typical concerns of parents that are *appropriate* to discuss with a coach are:**

- i. Any unhealthy mental or physical strain you detect in your child at home (especially when it affects his or her academic performance).
- j. How you can contribute to your child's skill improvement and development.
- k. Any dramatic changes you detect in your child's behavior.

#### **E. It is *inappropriate* to discuss with a coach:**

- a. Playing time - it is expected that the student-athlete initially conducts this conversation.
- b. Team strategy or play calling
- c. Other student-athletes

#### **F. Coaches often need parents to call them with:**

- d. Any specific health concerns about your son or daughter expressed directly and informally to the head coach at a mutually convenient time.
- e. Notification of schedule conflicts well in advance.

- f. Your commitment to the program and how you plan to make a contribution to the program's success. For example, one way is to be sure that your child is at practice every day, on time, and to ensure that your child gets enough rest and nutrition at home.
- g. Strategies that have worked for you in dealing with your son or daughter being successful in the past.

***Parental Concerns:***

- **If you have a concern to discuss with the coach, what is the Chain of Communication?**
  - a. Talk to your student-athlete. Make sure your concern is actually an issue for him or her.
  - b. Have your student-athlete talk to the coach first, if applicable. If not --
  - c. Make an appointment with the coach. Never approach the coach on game day unless the coach requests this.
  - d. If the coach cannot be reached, call the Athletic Director to set up a meeting.
  - e. **DO NOT attempt to confront a coach before, during, or following a contest. These can be busy and emotional times for both the parent and the coach, and this period does not promote objective analysis of the situation.**
- **What should you do if the meeting with the coach does not result in a solution to the problem?**
  - a. Call the Athletic Director to set up an appointment to discuss the situation.
  - b. At the meeting, the next steps can be determined.