

## PARENT COACH RELATIONSHIP

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 a greater benefit to students. As parents, when your student becomes involved in our program, you have the right to understand what expectations are placed on your student. This begins with clear communication from the coach of your student's program.



## COMMUNICATION YOU SHOULD EXPECT FROM YOUR STUDENT'S COACH

- Philosophy of the Coach
- Expectations and Goals the coach has for your student, in addition to the team
- Team requirements, special equipment, strength and conditioning programs
- Procedures if your child is injured during participation
- Team Rules, Guidelines, and Consequences for infractions
- Lettering Criteria
- Team Selection Process

## COMMUNICATION COACHES EXPECT FROM ATHLETES/PARENTS

- Concerns expressed directly to the Coach.
- Notification of any schedule conflicts in advance.
- Notification of illness or injury as soon as possible.

As your child becomes involved in the programs at Osborn High School, he or she will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you and your student wish. At these times, discussion with the coach is encouraged.

**It is the first and most integral step to understanding and resolution.**

## APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH:

- The treatment of your student
- Ways to help your student improve
- Concerns about your student's behavior

It is very difficult to accept your student not playing as much as you hope. Coaches are professional. They make decisions based on what they believe to be the best for all student-athletes involved. As noted, certain things can be and should be discussed with your student's coach. Other things, such as the following listed below, *must be left to the discretion of the coach.*

- **Playing time**
- **Team Strategy**
- **Play Calling**
- **Other Student Athletes**

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other persons' position. When a conference is necessary, the following procedure should be used to help resolve any concerns.

**IF YOU HAVE A CONCERN TO  
DISCUSS WITH A COACH- THE  
PROCEDURE YOU SHOULD  
FOLLOW IS BELOW:**

- \* Call the Coach to set up an appointment.
- \*The Osbourn High School telephone number is: (571) 377-7000.
- \*If the Coach can not be reached, call the Director of Student Activities, Ira DeGroot. He will set up the meeting for you.
- \*Please do not attempt to confront a Coach before or after a contest or practice. These can be emotional times for both parent and the Coach. Meetings of this nature usually do not promote positive resolutions.

**THE NEXT STEP**

- \*What can a parent do if the meeting with the Coach did not provide a satisfactory resolution?  
*-Call and set up an appointment with the Director of Student Activities to discuss the situation.*
- \*At this meeting, the appropriate steps can be determined.

**PARENT CODE  
OF CONDUCT**

- \*Make sure your child understands that win or lose, you love him or her.
- \*Be realistic about your student's physical ability.
- \*Help your student set realistic goals.
- \*Emphasize "improved" performance, not winning.
- \*Provide a safe environment for training and competition.
- \*Don't relive your own athletic past through your student.
- \*Control your emotions at games and events.
- \*Be a "Cheerleader" for your student and other students on the team.
- \*Respect your student's Coach. *Communicate with them in a positive way. Encourage others to do the same.*
- \*BE A POSITIVE ROLE MODEL\***  
  
Be sensible, responsible, and keep your priorities in order. There is a lot more at stake than a win or loss record.

**Osbourn High School  
"Eagles"**



**PARENT/COACH  
COMMUNICATION**

Department of Student Activities  
Ira DeGroot, Activities Director  
Phone: (571) 377-7005  
Email:  
[idegroot@mcpsva.org](mailto:idegroot@mcpsva.org)

**"The Student Athlete First,  
Winning Second"**