

## **ACADEMY OF THE HOLY CROSS ATHLETICS PARENT-COACH COMMUNICATION**

Parenting and coaching can be tough. By establishing an understanding of each person's position, we are better able to accept the actions of the other and provide a greater benefit to our student-athletes. As parents, when your daughter becomes involved in AHC's Athletic Program you have a right to understand what expectations are placed on your child. This begins with clear communication from our coaches.

### **Communication you should expect from the AHC Athletic Department**

- Game schedules
- Directions to athletic events
- Athletic Department philosophy and procedures
- Requirements to participate & student-athlete eligibility (*health forms, good academic standing, attendance, etc.*)

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

- Philosophy of the coach
- Expectations the coach has for your daughter, individually and as a part of a team, as well as the expectations for the program and the team as a whole
- Locations and times of all practices and contest/ travel information
- Procedure should your child be injured
- Discipline that results in the denial of your child's participation

### **Communication that you should provide coaches:**

- Notification of any schedule conflicts well in advance
- Specific issues that affect your child (*outside activities, injury, academic issues, etc.*)
- Ways to help your daughter improve

### **Appropriate concerns to discuss with the coach**

- Ways to help your daughter improve
- Concerns about your daughter's behavior or academic progress
- The mental or physical treatment of your daughter

### **Concerns NOT appropriate to discuss with coaches**

- Playing time
- Team strategy
- Play calling
- Other student-athletes
- *Note:* It can be extremely difficult to accept that your daughter is not playing as much as you may hope. It is important to remember that Holy Cross coaches are professionals; they make judgment decisions based on what they believe to be in the best interest of the team and your daughter.

There may be situations that require a conference between the coach and a parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's positions. When these conferences are necessary, the procedures listed below should be followed to help promote a resolution of the issue or concern.

- First, have your daughter speak with the coach.
- If the issue has not been resolved, make an appointment to meet with the coach.
- 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.

*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 Holy Cross Athletic Director to discuss the situation.

Since research indicates that a student involved in athletics has a greater chance for success during adulthood, we at The Academy of the Holy Cross strongly support the athletic program offered to our students. Many of the character traits required to be a successful student-athlete are exactly those that will promote a rewarding life after high school.

#### **How to help your student-athlete and Holy Cross Athletics**

- Do not attend practice.
- Recognize that parents are representatives of The Academy of the Holy Cross.
- Recognize that good sportsmanship is more important than victory. Do so by approving and applauding; good team play, individual skill and sportsmanship and fair play exhibited by either team.
- Recognize that since the primary purpose of high school athletics is to promote physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
- Treat visiting teams and officials as guests, extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of the officials, realizing that their decisions are based upon game conditions as they observe them.
- Make sure that your child knows that win or lose, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- Be helpful but don't coach them. It is tough not to do so, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coaches. Then you can be assured that his/ her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.