

**IF YOU HAVE A CONCERN  
TO DISCUSS WITH A  
COACH – PLEASE  
FOLLOW THE  
PROCEDURES BELOW**

1. Call or e-mail the coach to set up an appointment.
2. If the conference does not produce a satisfactory resolution, call or e-mail the Athletic Director to set up an appointment with her and the coach.

**Remember:  
Sportsmanship  
begins with  
respect for  
yourself and  
others.**



**PARENT CODE OF CONDUCT**

- 1) Make sure your child understands that win or lose, you will always love them.
- 2) Be realistic about your child's athletic ability.
- 3) Help your child set realistic goals.
- 4) Emphasize "improved" performance, not winning.
- 5) Don't relive your own athletic past through your child.
- 6) Control your emotions at games and events.
- 7) Be a "cheerleader" for your child and other athletes on the team.
- 8) Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
- 9) 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 usually do not promote positive resolutions.
- 10) Be a positive role model and in addition stay sensible, responsible and keep your priorities in order!

*De Smet  
School  
District*

**Parent / Coach  
Communication  
Guide**



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## **PARENT / COACH RELATIONSHIP**

Both parenting and coaching can be stressful at times. By understanding and respecting the position of both parents and coaches, children are better served through their experience in athletics. Clear communication between parents and coaches will help both understand the position of the other and enhance the positive experience that can be gained from participation in interscholastic athletics.

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

- Philosophy of the coach
- Expectations and goals the coach has for your child as well as the team/season
- Location and times of all practices and games
- Team requirements, special equipment, strength and conditioning programs
- Procedure if your child is injured
- Team rules, guidelines and consequences for infractions

## **COMMUNICATION COACHES EXPECT FROM PARENTS**

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

Participating in De Smet Athletics will provide your child with many rewarding opportunities. It is important to understand that there may also be times when things do not go the way your child wishes. At these times discussion with the coach is encouraged. It is the first and most important step to understanding and resolution.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior
4. Safety concerns for all team members

## **COACHES ARE EDUCATORS FIRST AND FOREMOST**

It is very difficult to accept your child not playing as much as you hope. Coaches are educators. They make decisions based on what they believe to be the best for all student-athletes, the team, and the education goals of the De Smet School District. Certain concerns are appropriate to discuss with your child's coach. Other areas, such as those listed below, must be left to the discretion of the coach.

1. **Playing Time**
2. **Team strategy**
3. **Play calling**
4. **Other student-athletes in the program**

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged and it is suggested to include the athlete. It is important all stakeholders involved have as clear an understanding of all of the issues involved. When a conference is necessary, the procedure outline on the following pages should be used to help resolve any concerns.