

Lutheran High School Activities

Athlete/Coach/Parent Communication Philosophy

In order to continue the excellence of the Lutheran High School athletic program involves mutual respect between a parent and a coach. Please refer to the guidelines below that outline the roles of the coach, the athlete, and the parent in any organized athletic activity. The guidelines also include the steps that should be followed when wishing to discuss a concern with a coach. *Bottom line, it is our expectation that the athlete is the first line of communication with the coach.*

Parenting and coaching are both extremely difficult vocations. We are able to provide our student athletes with the greatest benefits by establishing an understanding of each other's roles and expectations. When children become involved LHS programs, parents should know what to expect.

Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. We hope the information provided makes both your child's and your experience what the LHS Activities Program less stressful and more enjoyable. It can be difficult to accept your child's not playing as much as you may hope. Coaches are professionals; they make judgments and decisions based on what they believe to be best for all students involved. As you see from the list below, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Communications You Should Expect From Your Child's Coach

- The coach's philosophy.
- The coach's expectations for your child, as well as his/her expectations for all players on the team.
- Location and times of all practices and contests.
- Team requirements, ie., fees, special equipment, off-season conditioning.
- Procedures and protocols that will be followed should your child be injured.
- Disciplinary situations that might result in your child being denied the opportunity to participate

Communications Coaches Expect From Parents

- Express your concerns directly to the coach.
- Notification of any schedule conflicts
- Specific concerns regarding the coach's philosophy and/or expectations

Parents should be a part of their children's athletic experience. Parent involvement affects their own

child, the coach, and the rest of the team, the other parents, and the officials. How a parent chooses to be involved is a choice they have. In order to ensure that the athletic experience is positive everyone in the process (coaches and parents) must always remember that the kid's needs must come first.

As kids grow older and more independent things change and learning when and how to diminish the parent's involvement becomes an issue for both child and parent. Parents should stay close to their children but focus on their child's needs. Parents and coaches constantly send powerful messages to athletes, and those messages should not conflict. It is important that a child's parents do what they can to facilitate their child's growth, help their child's performance, and keep the proper perspective.

As your children become involved in the athletic programs at Lutheran High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, direct discussion with the coach is encouraged.

Appropriate Concerns To Discuss With Coaches

- The treatment of your child mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coaches

- Team Strategy
- Play Calling
- Other Student-Athletes

Procedure you should follow if you have a concern to discuss with a coach:

- Level 1 – The athlete and the coach should have a conversation
- Level 2 – The parents/athlete contact the coach to set up an appointment. Please do not attempt to confront a coach or meet with him/her 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 resolutions.
- Level 3 – Call and set up an appointment with the Athletic Director, coach, and parent to discuss the situation.

Remember, parents are encouraged to "release" their son or daughter to the game and to the coach. As such, during the season, parents must share their child with the coach and team. By releasing their child to the game and coach, parents are telling their children that all successes are theirs, all failures are theirs, and all problems are theirs. If young athletes are going to develop into intelligent, responsible individuals, it is critical that they are given the opportunity to solve their own problems during practices and games. Athletics is a safe place for young people to take risks even though they might fail.
