

STEPS FOR EFFECTIVE PARENT / COACH COMMUNICATION

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 greater benefit to children. As parents, when your children become involved in Snohomish Lacrosse, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e., fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation.
6. Discipline that result in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in Snohomish Lacrosse, 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 wishes. At these times discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Health and Injury related issues

It is very difficult to accept your child not playing as much as you may hope. COACHES ARE PROFESSIONALS. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

SNOHOMISH LACROSSE CLUB

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of one another's position. When the conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH THE COACH, THE PROCEDURE YOU SHOULD FOLLOW

1. Call or email the coach to set up an appointment.
2. If the coach can not be reached, contact the club's Athletic Director (Vice-President) or appropriate Board member. They will assist you in setting up the meeting.
3. 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 do not promote resolution.

THE NEXT STEP – WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION

1. Call or email to set up an appointment with the club's Athletic Director (Vice-President) or appropriate Board member to discuss the situation.
2. At this meeting the appropriate next step can be determined.

The Vice-President will discuss the issues with all parties involved and determine if a satisfactory resolution can be found.

Since research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after school. We hope the information provided makes both your child's and your experience with Snohomish Lacrosse less stressful and more enjoyable.