



## **Parent – Coach Communication Guidelines and Expectations**

*We believe that athletic programs, such as hockey, help to develop traits within one's character that promote a successful life going into and beyond high school. – Cougar Hockey Club*

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### **Parent/Coach Relationship**

Two of the most challenging and rewarding professions are coaching and parenting. To provide greater benefit to the players, it is best to understand each position thus accepting the actions of each other.

It is your right as a player and parent to understand what the expectations are and this begins with clear communication from the coach and manager.

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### **Coach/Player Relationship**

A coach-player relationship is as rewarding as it can be challenging.

Communication must always be through the parent/guardian as is required by safe sport.

Players are encouraged to have open dialogue with coaches on how they can improve their individual skill set or how to engage with the team better.

Coaches want to see their players successful for that equates to a successful team!

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## **The Coach's Role**

- Teach the fundamentals of the sport
  - Welfare of athletes over winning
  - Lead by example and character
  - Team above individual player
  - Be a model, not a critic
  - Accept and abide by the judgement of the officials and the rules of the game
  - Reward effort and behavior more than outcome
  - Teach sportsmanship and teamwork
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## **Communication from the Coach or Manager...**

The following should be expected from your coach:

- Overall philosophy
  - Rules and expectations for each member of the team
  - Locations/times of all practices, games, and events/activities
  - Team requirements, ie special equipment, off-season conditioning, fees, etc.
  - Discipline that results in your player losing participation privileges
  - Procedures regarding in-season injuries
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## **The Parent's Role**

- Love and support your player
  - This is a marathon, not a sprint. View the game and season with long-term goals
  - Hockey is a team sport, view the game and season with the team goals in mind
  - Encourage multi-sport participation
  - Encourage your player to keep perspective in both victory and defeat
  - Trust the coach and their staff to do what is best for the team and your player
  - Be accepting of the game results, during and afterwards
  - Remember the Golden Rule, tell your player, "I love supporting you and your team".
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## Concerns from Parents:

### Appropriate to discuss with coach:

- Mental and physical treatment of your player
- Concerns about your players behavior
- Ways to help your son improve

### NOT appropriate to discuss with coach:

- Playing time
  - Player teammates
  - Team strategy or play calling
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## The 24-Hour Rule

We encourage parents, players, and coaches to abide by the 24-hour rule proceeding team activities such as practices and games.

This rule simply states that coaches will not discuss a game or situation until at least a full day, or 24 hours has passed.

By allowing 24 hours to pass it creates 2 things:

1. Allows coaches to fully address parent concerns in reasoned discussion
2. Allows the athlete to enjoy the moment rather than an ill-timed confrontation.

Athletics are heavily tied to emotions. Coaches, players, and fans often get excited and overtly emotional, even when we try to control ourselves. There is a time and place to discuss and communicate concerns. Please remember to do it in the proper format.



### **If You have a concern...**

When the concern is appropriate, it is encouraged for the parent and coach to meet. It is always encouraged to have the player present.

Please DO NOT attempt to confront a coach before, during or after a contest or practice.

1. Observe the 24-hour Rule
2. Contact the coach via email to request a meeting

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### **Next Steps...**

If your parent-coach meeting does not provide a solution you find satisfactory, you may,

1. Observe the 24-hour rule
2. Call to schedule a meeting with the Hockey Director 517-579-2152

During this meeting, appropriate next steps will be determined.

