

## **COHS ATHLETIC DEPARTMENT LINES OF COMMUNICATION**

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 students. This begins with clear communication.

### **Communications you should expect from your child's coach:**

1. Philosophy of the coach
2. Expectations the coach has for your child and the team
3. Locations and times of all practices and games
4. Team requirement, i.e., practices, special equipment, out-of-season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

### **Communications coaches expect from parents:**

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coach's philosophy and/or expectations
3. Notification of any illness or injuries or missed practices

### **Appropriate concerns to discuss with coaches:**

1. Treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

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 best for all students-athletes involved. As you have seen from the above list, certain things can be and should be discussed with your coach. Other things, such as the ones listed below, must be left to the discretion of the coach.

### **Issues NOT appropriate to discuss with the coach:**

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 encouraged. It is important that both parties involved have a clear understanding of the other's position.

### **If you have a concern to discuss with the coach, the procedure you should follow is:**

1. The athlete should talk to the coach before a parent gets involved.
2. If after the athlete talks to the coach you still have concerns, email the coach and set up an appointment.
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. For parents, it is important to separate their athletes' sports development from game emotions. For this reason, we have adopted the "24 hour rule" which simply states that coaches will not discuss a game or situation until at least 24 hours after the fact. This important rule does two things. First, it moves the discussion away from the presence of the athletes. Second, it allows all parties to have a time to put things into perspective and "cool off", if necessary.

### **What a parent can do if the meeting with the coach did not provide a satisfactory resolution:**

- Email the Athletic Director at [dfarrar@cousd.net](mailto:dfarrar@cousd.net). The Athletic Director will set up a meeting with the parent, student-athlete and the coach. The Athletic Director will attempt to mediate a resolution.

Research indicates a student involved in athletics has a greater chance for success during adulthood. Many character traits required to be successful participants are exactly those that will promote a successful life after high school. We hope this information makes both your child's and your experience with the athletic programs less stressful and more enjoyable.