

**The Procedure You Should Follow**  
**if You Have a Concern to**  
**Discuss with a Coach**

1. Call the coach to arrange an appointment. Palmyra High School telephone number is (856) 786-9400
2. If the coach can't be reached, call the Director of Athletics, who will arrange the meeting for you.
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 usually do not promote positive resolutions.

**The Next Step**

**What Can a Parent Do if the**  
**Meeting with the Coach Did Not**  
**Provide a Satisfactory**  
**Resolution?**

1. Call and arrange an appointment with the Director of Athletics to discuss the situation. At this meeting the appropriate next step can be determined.



**Parent Expectations**

1. Make sure your son/daughter understands that win or lose, you are still proud of them.
2. Be realistic about your child's physical ability. Help your son/daughter set realistic goals.
3. Emphasize "improved" performance, not winning.
4. Don't relive your own athletic past through your child.
5. Provide a safe environment for training and competition.
6. Control your emotions at games and events.
7. Be a "cheerleader" for your son/daughter AND the other athletes on the team.
8. Respect your son/daughter's coach and communicate with them in a positive way.
9. Be a positive role model.

Be sensible and responsible, and keep your priorities in order. There is a lot more at stake than a win/loss record.



**PALMYRA**

*"HOME OF THE PANTHERS"*



**DEPARTMENT OF ATHLETICS**

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**Parent/Coach**  
**Communication**  
**Pamphlet**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing and understanding each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your son or daughter becomes involved in our programs, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your son/daughter's program.

### **Communication You Should Expect from a Coach**

1. Philosophy of the coach.
2. Expectations and goals the coach has for the athlete as well as for the team/season.
3. Location and times of all practices and contests.
4. Team requirements: special equipment, strength and conditioning programs, etc.
5. Procedures to be followed if an injury occurs to your child during participation.
6. Team rules, guidelines and consequences for infractions.
7. Award criteria.



### **Communication Coaches Expect from Athletes/Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in the programs at Palmyra High School, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there are times things do not always go the way you or your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral 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.



It is very difficult to accept that your son/daughter may not be playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have read in this pamphlet, 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.

### **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 player or coach and parent. These conferences are encouraged. It is important that all parties involved have an understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote resolution to the issue or concern: