

**MAINLAND REGIONAL  
HIGH SCHOOL**  
Athletic Department



**PARENT / COACH  
COMMUNICATION**

Michael Gatley  
Director of Athletics

609-927-9589

**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 a greater benefit to children. As parents, when your children become 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 child's program.

**COMMUNICATIONS YOU SHOULD EXPECT  
FROM YOUR CHILD'S COACH**

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child 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.
5. Procedures should your child be injured during participation.
6. Team rules and guidelines and consequences for infractions.
7. Lettering 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 children become involved in the programs at Mainland, 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, 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 your child's not 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 seen from the aforementioned list, certain things can be and *should be* discussed with our 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 are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

## **IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THESE ARE THE PROCEDURES YOU SHOULD FOLLOW:**

1. Call the coach to set up an appointment
2. The Mainland Regional High School telephone number is 609-927-4151.
3. If the coach cannot be reached, call the athletic director, Mike Gatley. He will set up a meeting for you.
4. 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.

## **WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?**

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

## **PARENTS CODE OF CONDUCT**

1. **Make sure your children understand that win or lose, you love them.**
2. **Be realistic about child's physical ability.**
3. **Help your child set realistic goals.**
4. **Emphasize 'improved' performance, not winning.**
5. **Don't relive your own athletic past through your child.**
6. **Emphasize the importance of maintaining good grades.**
7. **Control your emotions at games and events.**
8. **Be a 'cheerleader' for your child AND other children on the team.**
9. **Respect your child's coaches. Communicate with them in a positive way.**
10. **Be a positive role model.**

*Coaches at Mainland Regional High School are asked to do 3 things:*

*Teach fundamentals,  
Hold their athletes to high expectations on and off the field/court,  
Treat kids appropriately*