

# FALMOUTH ATHLETICS

## PARENT – COACH

### COMMUNICAION GUIDE



This communication guide is designed for the parents of Falmouth public school athletes. This pamphlet supports communication between student-athletes, their parents, and the athletic department/coaches of their respective athletic teams. The topics of sportsmanship, sports etiquette, communication expectations, and some of the general rules of the athletic program are included.

#### **SPORTSMANSHIP**

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship and citizenship. It is important to learn to control ones emotions and conduct, not only in defeat, but in victory as well. It is our goal to have Falmouth recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our students and parents to accept the officials' decisions and conduct themselves in a respectful manner at all times. Violent, threatening, negative or abusive language and/or behavior have no place in our school-sponsored activities. Athletes, coaches, students, and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics. Exhibiting inappropriate spectator behavior at school sponsored athletic activities may result in one or more of the following:

1. Directed to leave the facility for the remainder of the contest.
2. Prohibited from attending subsequent games.
3. Prohibited from attending remainder of season and/or future seasons.
4. Suspension from school.

#### **SPORTS ETIQUETTE**

##### **“The Team Bench”**

The team bench is an athletic classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. The bench area can provide an important and unique opportunity to learn and teach. Athletes may be asked to go in any time. It is their responsibility to know what is going on: offensive game plan and defensive assignments, any adjustments already made, opponents defensive tendencies, key offensive and defensive strategies, techniques and skills the coach is trying to identify and teach.

We ask that parents and spectators afford the coach and players respect and courtesy that they would do teachers and students in the academic classroom. Most all of our playing fields provide ample spectator viewing areas located on the opposite sides or ends of our fields. Please maintain an appropriate buffer or distance as to allow an athletic classroom atmosphere around our team benches.

#### **COMMUNICATION PHILOSOPHY**

Both parenting and coaching are extremely difficult vocations. By establishing communication and an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student-athletes and coaches.

### COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Coach's and program's philosophy.
2. Individual and team expectations.
3. Location and times of all practices and contests.
4. Team requirements, i.e., practices, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during practice.
6. Any discipline that may result in the denial of your child's participation.

### COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS

1. Concerns expressed directly to the coach. Email is utilized to forward information, not for voicing concerns.
2. Notification of schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.
4. Support for the program and the attributes of dedication, commitment and responsibility that are essential ingredients for success and excellence. Encourage your child to excel.

While your child is involved in athletics at Falmouth, they will experience some of the most rewarding and inspiring moments of their lives. It is important to understand that there may also 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 and develop.
3. Concerns about your child's behavior.

Coaches make decisions based on what they believe to be the best for the team and all the athletes involved. There are certain areas and issues that can and should be discussed with your child's coach. Other things, such as those below, should 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.

### IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call the coach for an appointment. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.

*Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach and this situation does not promote resolution nor objective analysis.*

WHAT A PARENT CAN DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE  
A SATISFACTORY RESOLUTION

Call and set-up an appointment with the Athletic Director (781-7429).

PARENTS ROLE AND RESPONSIBILITIES WHEN IN ATTENDANCE AT A CONTEST

1. Remain in spectator area during contest.
2. No derogatory comments directed towards officials, coaches or players of either team.
3. Do not officiate from the sidelines.
4. No attempts to coach from the sidelines during the contest.
5. Be in control of emotions.
6. Show interest, enthusiasm and support for your child.
7. Demonstrate and promote the positive values and characteristics of good sportsmanship.
8. Do not question or criticize the coach or his/her decision in front of your child.
9. Realize that athletics is an integral part of the school's total curriculum: the coach (teacher) and official (ed. tech.) help facilitate learning.

**ATHLETIC RULES COMMON TO ALL PROGRAMS**

1. As noted in the Board of Directors manual: Team members shall attend all regularly scheduled practices/ meets including MPA tournaments/championships. This does not necessarily include practices or exhibition/ scrimmage games held during school vacation periods. Athletes with conflicts in scheduling due to religious reasons will be accommodated.
2. As noted in the Student Handbook: To participate in athletic practices and contests, the student must maintain the **training rules as stipulated in the substance use guidelines** and be in attendance for all classes during the school day. There will be five acceptable reasons for not attending classes: a) An appointment with a health professional; b) Observance of a religious holiday; c) A family emergency; d) A planned absence for a personal or educational purpose *which has been approved in advance*; e) A field trip or other school related activity.
3. Students and their parents are responsible for making their own travel arrangements to their teams' designated "home field", even if the site is located off school grounds. All team members shall travel to and from school-sponsored out-of-district competitions or practices on the bus or in vehicles authorized by the district. Drivers must be adults authorized by the Superintendent or Principal. Students may return with parents, a relative or an adult neighbor provided the student's parents personally ask permission of the coach. Any other travel arrangements must be made with the Athletic Director in writing or in person. Ideally the notice will be given at least three days prior to the event.



Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities and attributes required to be a successful student-athlete are exactly those that will promote a successful life after high school. We hope that the information provided within this pamphlet makes your child's and your experience with the Falmouth athletic program more enjoyable. We are constantly trying to improve communication with students and parents. For our programs to be successful it is necessary that everyone involved understand the direction and goal of the Falmouth athletic program.

**“Respect is the most important thing as both coaching and parenting are difficult but rewarding jobs and we are all in this together!”**