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PARENT- COACH MEETING

An effective parent-coach meeting, held during the pre-season, can establish a solid foundation for an enjoyable season. Many parents sign up their children for youth sports without considering realistic or age appropriate expectations. This is why your coaching philosophy should be the first topic presented at the meeting. This may take the form of a casual discussion in your living room, or could be combined with a team picnic or can take place during the first 15 minutes of your first practice. Whatever the format, the time you invest will pay benefits for all concerned throughout the season. If a meeting is impossible, the following could be put in a letter to parents/players, but a face to face meeting is preferable. Remember to set goals and expectations based on developmentally appropriate principles.

Purpose of a Parent Orientation meeting includes the following:

- Enables the parents to understand the objectives and goals of the program.
- Enables the parents to become acquainted with you, the coach.
- Informs parents of your expectations of them and their child.
- Enables you to address the concerns of the parents.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc).

- **Player Information.** This includes medical information; (such as asthma, allergies, recent injuries), previous experience on other teams; and family situations, such as custody, that may affect a child's participation or ride home. Ask only for information you need to know and avoid details that do not relate to your role as the coach.

- **Parent Information.** It is important to be able to reach parents in case of an emergency. Coaches should obtain from each parent home, work and cell phone numbers. To enhance further communication, obtain email addresses as well. Remember to inform parents that you will use this information on a team roster to hand out to all the players.

- **Player's responsibilities**
 - Arrive on time to every practice and game.
 - Bring proper equipment to each game and practice.
 - Inform the coach in advance if it is necessary to miss a practice/game.
 - Make each practice a challenge to improve on his/her skills.
 - Work toward teamwork and good sportsmanship.
 - Respect the referees.
 - Be supportive of all teammates all of the time.

- **Philosophy of Coaching.** Compose your philosophy of coaching before your first practice. The central theme should include player development and fun with purpose. The primary motivation for children to participate in sports is to have fun and improve.

- **Distribute a team roster with names and phone numbers.**
- **Distribute team uniforms.**
- **Designate a assistant Coach.**
- **Designate a team parent.**
- **Distribute game rules.**

- **E-mail Distribution: Create an e-mail distribution list of your team as an avenue of communication. You'll receive information from the club that should be shared with everyone.**

Suggested Handouts & Information to Parents

Coaches,

Please feel free to edit/change any information to the following forms and pass to your parents during your Parent Meeting.

- Parent Responsibilities.
- Carlsbad Wave Promotes Good Sportsmanship.
- Sample Coaches letter to parents.
- Sample snack Parent Responsibilities.
- Soccer Sideline ethics.

Parent Responsibilities

- Be supportive of all of the players (criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills, individual development, and having fun – **not on winning.**
- Avoid material rewards for your child (the reward is the fun of playing!).
- Attend games and cheer the team.
- Refrain from criticizing opponents; be positive with all the players.
- Respect the referees (They will make mistakes, but they are doing their best. Direct all of your questions and concerns to your coach. You should never confront the referee).
- Refrain from coaching your child during the games (try to understand and respect the difference between the roles of the coach and the parent).
- Refrain from coaching your child during the games (avoid shouting things such as “Get the Ball” “Cover #14” etc.) Instead say things like “Way to Go!”, “Good Hustle” etc.

What your child should bring to practices and games

- Water (labeled with your child’s name)
- Cleats- must be soccer cleat.
- Shin guards – must be worn inside of socks
- Comfortable clothes
- Soccer ball labeled with your child’s name



Carlsbad Wave promotes **Good Sportsmanship**

What is good Sportsmanship?

Good sportsmanship occurs when teammates, opponents, coaches, and officials treat each other with respect.

Coaches and parents can promote good sportsmanship by:

- Maintaining a "Fun is Number 1" attitude. If everyone is having fun, it'll make learning all aspects of the game more enjoyable and rewarding (Burnett, 1996).
- Designing sport activities, which facilitate cooperation rather than just competition so that youth learn about fair play (Ewing, 1997).
- Teaching children the rules of the game and making sure that everyone (players, parents, fans) abides by those rules during competition (Ewing, 1997).
- Encouraging and supporting all players on both teams (American Sport Education Program, 1994).
- Controlling emotions in frustrating situations (American Sport Education Program, 1994).
- Treating officials, coaches, players, teammates, and opponents with respect and **avoiding ridicule and sarcasm** (Burnett, 1996).
- Using moments from the game to teach about being a good sport ("I know it seemed like you got the runner at first out, but I was really proud of the way you didn't argue with the umpire.") (American Sport Education Program, 1994).
- Making sure there are consequences when poor sportsmanship is displayed (Sitz, 1998).
- Providing examples of good sportsmanship such as shaking hands with the opponent at the end of the game (Ewing, 1997).

Participation in youth sports provides numerous opportunities for healthy development physically, socially, and morally. The key to children gaining these benefits comes from coaches, parents, and other adults not only teaching children how to play the sports, but also supporting and demonstrating how to be a good sport.



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Your Team Name here

Coach:

Home:

Cell:

E-mail:

Team Name:

Team Color:

Equipment:

Soccer ball size

Soccer cleats (make sure they are soccer cleats and NOT baseball cleats)

Shin guards

Practice:

Time:

Location:

Please bring a water bottle with your child's name on it!!!

Games:

The first game will be _____ at _____ School.

You will get a complete uniform and schedule as soon as they are received.

Please arrive **15 minutes early for a warm-up.**

Be dressed and ready to play on game day:

Complete uniform (shirt, shorts and socks) Shirt must be tucked in.

Shin guards

Soccer cleats

No jewelry

Bring a water bottle marked with your child's name.

Thank-you,

Go **Enter your Team Name!!!**



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Your Team Name Here

Parents,

Attached is your game schedule as well as snack schedule. On your assigned day to bring snack please consider the following:

- You will be providing fruit and water during halftime. Snacks are traditionally orange slices, grapes, or any fruit with a high water content that can be eaten quickly as well as provide energy and more liquids. You can be creative, but think about small items that can be eaten in a couple of minutes and don't dry mouths out too much.
- Parents will usually bring a healthy snack and drink for after the game.
- Please remember to bring some Wet wipes or something for the kids to clean their sticky hands after their snacks.
- You will need to bring a trash bag and make sure all the trash is picked up prior to leaving after the game.
- Please bring some ice and a Ziploc bag in case of an injury.

If you are unable to provide snack on your assigned day please call another player on the team to switch snack dates.

Thanks in advance,

Your Team Name Here

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SOCCER SIDELINE ETHICS

The Fun is playing

- Encourage youngsters in skill development and 100% performance.
- Winning is not their motivation.
- They want to be having fun

Know the Game and the Laws

- Soccer looks simple but it is complex to play, coach, and officiate.
- You will enjoy the game more by understanding soccer skills and tactics, the flow of play, and how the game is played.
- Soccer is a free flowing with ever-changing situations and constant problem solving by players.

Support the Team, Not Just Your Youngster

- Give encouragement to the entire team.
- Don't yell constantly at a youngster
- Avoid giving directions as they are playing

Let the Players Play

- Youngsters participate for their enjoyment, not ours.
- To children, playing is more important than winning, while winning is more important to parents and coaches.

Let the Coaches Coach

- The coach, Volunteer or paid, provides guidance, skill instruction, and supervised fun for your youngsters in school
- Respect the coaches and their decisions.
- The concern is the whole team, not just your player.

Let the Referee Judge the Game

- Soccer referee control the game the moment they enter the field.
- Most are young and are still learning to referee, just as the players are learning to play.
- They respect fair play, sportsmanship, skill, and the spirit of the game.
- Referee calls are final.

Get Involved with Soccer

- Come to the games in the spirit of fun and play.



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SOCCER SIDLINE ETHICS CONT.

Be a Supportive Soccer Parent

- Volunteer to help with practice or with transportation.
- Soccer teaches discipline and responsibility, so be on time!

They're Only Kids. It's Only a Game.

- Allow your child to be a child.
- Kids see soccer as fun, learning new skills, emulating heroes.

What they see and hear.

- Hear: Yelling at the referees, other players or at the coach.
- See: People's feelings being hurt.

What they think

- It's okay to yell hurtful things at people.

How they feel

If the child is present when a negative event happens, there is a sense of awkwardness and it puts the child in a difficult position.

What parents and coaches say and do greatly affects every child on the team.

Realize that if all that is said is negative and complaints, then it is unlikely that they will understand that the rest of the time the referee is making good decisions.

What parents and coaches say on the sideline has great influence over the team.

If the parents and coach are positive, the team will also be positive. The best thing you can do is to support the team, and that means every aspect of the team, including the referees. Children tend to focus on the complaints because that is what is most obvious to them. Encouraging words do wonders! "Good job" is always nice to hear!

Remember, every adult is a role model.

If the children see you do it, they will think it is an acceptable behavior and will repeat the behavior.

BE POSITIVE, AND HAVE FUN!