

What To Expect

Importance of coach & parent connections

Our model for coaching through connection

- Climate
- Compassion
- Communication
- Consistency

Identifying your why

Key points for preseason & season

Questions?



TOP 10

- Parental Pressure
- Playing Time Disputes
- Sideline Behavior
- Misaligned Expectations
- Communication Gaps

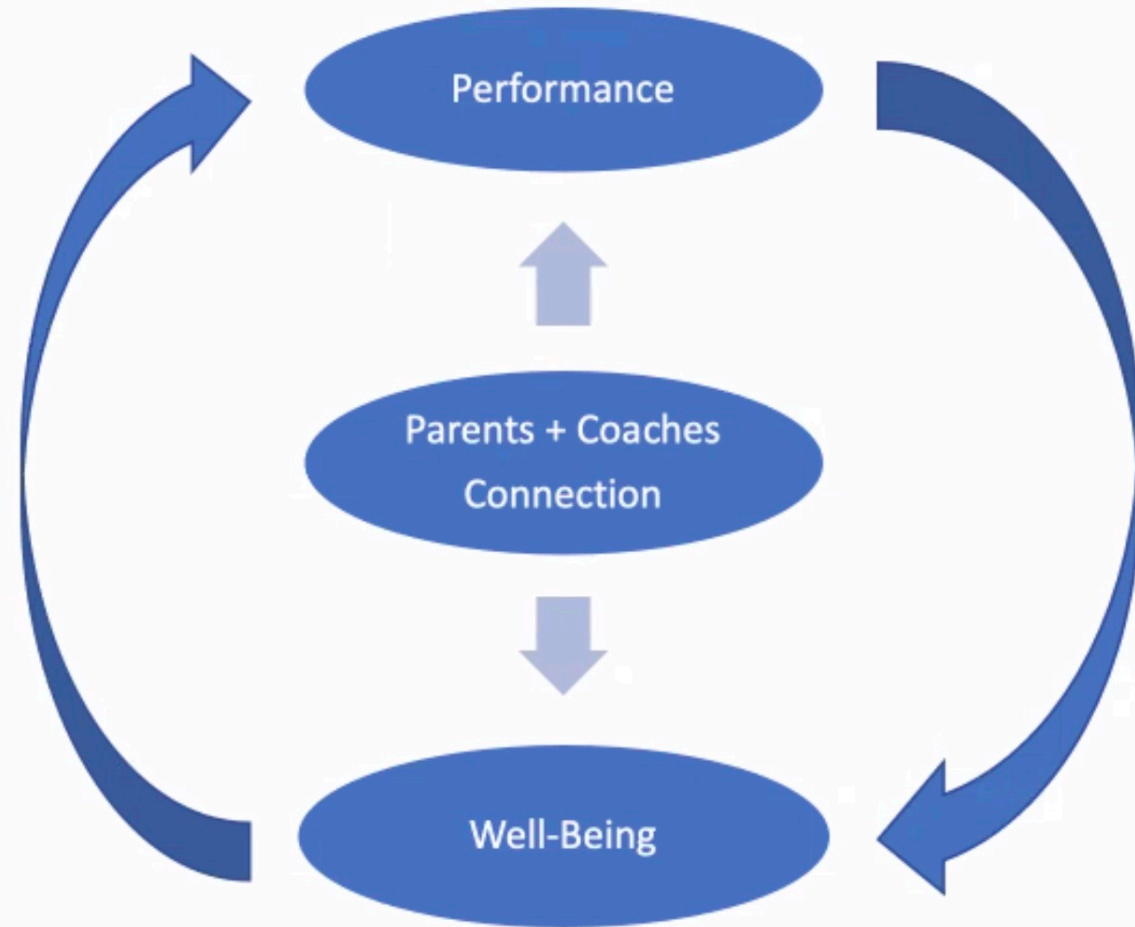


Coaches & Parents Connection

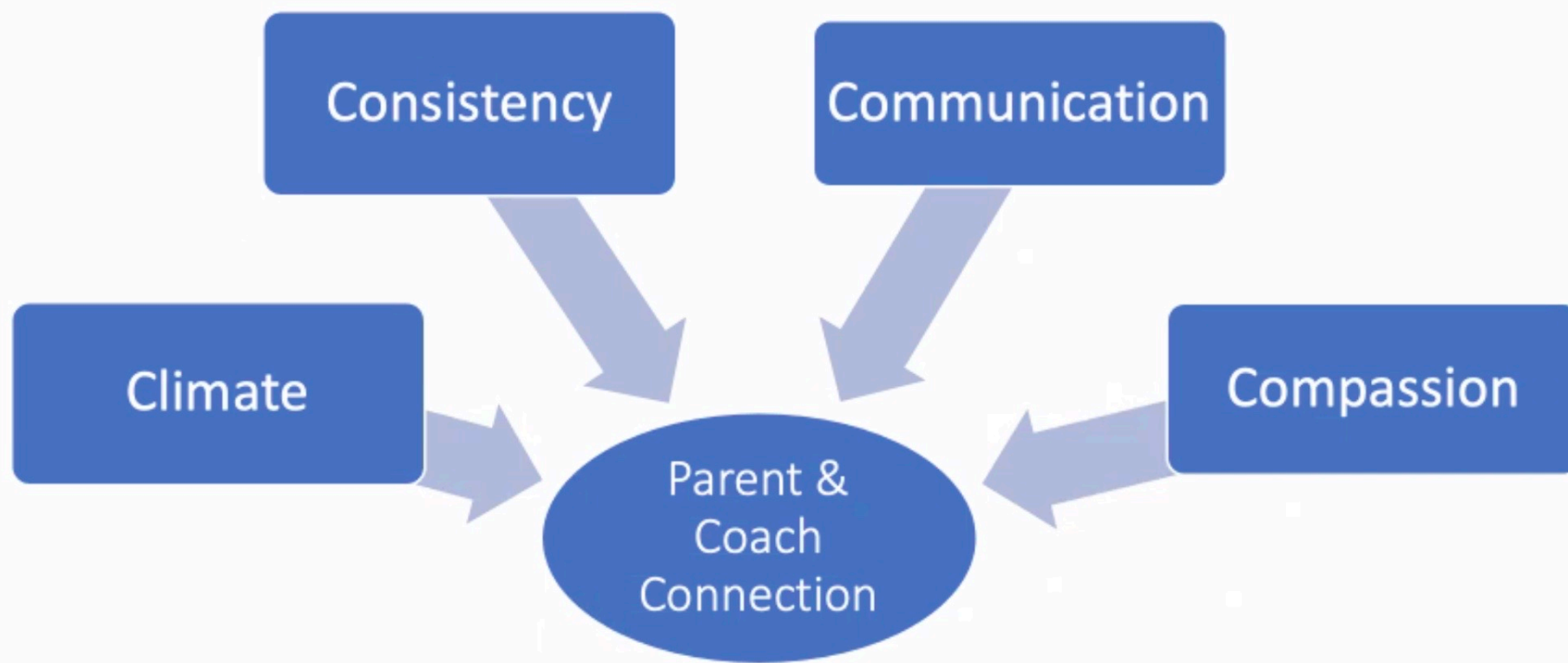
- Positive, fun, & growth-focused sports environments
- Fosters a supportive atmosphere where athletes can thrive
 - Coaches provide training and strategy, while parents offer emotional support and encouragement
- Collaboration ensures consistent messages about hard work, resilience, & sportsmanship, promoting holistic development both on & off the field



Coaching Through Connection



What Facilitates Connection?





Create An Empowering Climate

On what are you focusing?

- Person over role
- Hard work/effort over winning
- Learning from mistakes over perfection
- Collaboration over competition
- Adjust to others' needs over "my way or the highway"
- Empowerment over discouragement
- Emotional awareness over ignoring feelings

Compassion

Self

- Take care of self
- Treat with kindness
- Connect with other coaches for support – not alone
- Be mindfully present

With/Towards Parents

- Care deeply for the parents as a person
- Listen to what parents (and their child) need
- Respond with understanding
- Without judgment



Mindful Self-Compassion (MSC)



Mindfulness

Being aware of the physical, emotional, or mental pain of the moment.



Self-kindness

Treating ourselves with kindness, considering our own needs.



Common Humanity

Recognizing that these experiences are a normal part of being human.

Communication

While no single conversation is guaranteed to change the trajectory of a career, a company, a relationship or a life- any single conversation can.



Communication

- How to optimize your communication with parents?
 - Set guidelines for when communication can occur
 - Regular updates, open dialogue, pre-season meetings
 - What types of things can be communicated
 - Define roles and behavior standards
 - Educational Resources
 - Parent workshops, coaching clinics
 - Feedback & Evaluation Forms
 - Parent feedback, coach evaluation
 - Behavioral & Sportsmanship Agreements
 - Code of conduct, Sportsmanship pledge
 - Communicate frameworks
 - Email template, conflict resolution techniques



4 C's

- **Climate**
 - Inclusive & encouraging practice environment
- **Compassion**
 - Coaches show empathy & understanding towards their athletes' individual circumstances
 - Together, you create a nurturing environment that prioritizes the well-being & development of the athlete
- **Communication**
 - Open lines of communication between coaches & parents help address any concerns or challenges promptly
- **Consistency**
 - Coaches & parents align their expectations & support strategies, providing athletes with a stable and predictable framework

Consistency Comes From Knowing Your Why



How You Run Your Program

Communicate Your Expectations & Message

Practices Start & End On Time

Collaborative Goals

Key Points For Preseason

- **Communicate**
 - Active listening, open and honest communication
- **Consistent Boundaries and Expectations**
 - Clear boundaries, expectation management
- **Compassion**
 - Listen & respond without judgment
 - Celebrate success together & build a community
- **Establish a Climate of Trust + Respect = Empowering Parents & Athletes**
 - Regular feedback opportunities
 - Consistent behavior + respectful interaction
 - Mutual empathy, empowerment, & Respect

Key Points For Season

- Consistent behavior & emotional control
- Clear, effective, & continuous communication with parents
- Be a model for how you would like parents to behave
- Positively reinforce behaviors
- Seek support
 - Coaches alliances
- End of season meeting/party
 - Thank parents for their support