



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Coach/Parent Partnership

The following guidelines can contribute to a Coach/Parent Partnership that help your child have the best possible sports experience:

- Recognize the commitment the coach has made
 - Remember that the coach spends many hours of preparation beyond practices and games.
- Let the coach coach
 - It can be confusing for a child to hear someone other than the coach yelling instructions.
- Don't put the player in the middle
 - It's all too common for parents to share their disapproval of a coach with their children. Seek a meeting with the coach if you think they aren't handling a situation well.
- Observe "cooling off" period
 - Emotions often run high – wait a day or two before discussing your frustrations with the coach.

adapted from *Positive Sports Parenting* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
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