

The Potter's House High School



Athletic Handbook

2018-2019

Athletic Director: Kara Haskill
Email: khaskill@tphgr.org
Athletic Office Number: (616) 818-3806
pottershousepumas.com

Letter from the Director

Dear students, parents, and coaches,

I am so excited to be working with you during this season of athletics. Potter's House offers a variety of extracurricular activities and each one is designed to help students grow spiritually, academically, and socially. This is a Christ Centered School and everything we do in Athletics is an extension of the school's policies and expectations. The Athletics Department works with the school to fulfill their philosophy and vision statement:

"The Potter's House provides a Christ-centered education to children of all ethnic heritages and income levels, equipping them to serve God and society to their fullest potential. The Potter's House offers an excellent academic program in an urban environment. Rooted in Biblical principles and values, The Potter's House encourages students to reach their full potential by maintaining a healthy spiritual, physical, social, and emotional life. The Potter's House challenges students and their families to grow in their personal relationship with Jesus Christ. The Potter's House promotes unity and reconciliation in the Roosevelt Park Community."

The Potter's House athletics primary purpose is to provide student-athletes with an opportunity to share their faith and beliefs with the community. We strive to show love to others in everything we do. We expect the highest level of sportsmanship from our coaches as well as our student-athletes. The culture of athletics in our country, and even our city, is one of arrogance. At The Potter's House, we do not follow the mainstream, instead we look to create a sports culture of positivity and selflessness.

Participating in any of the many Potter's House Athletics programs is considered a privilege. Students must maintain a high level of academic achievement and stay ahead of their course work in order to be considered to join or remain on a team. Participants in Athletics must understand that they are students first and athletes second.

Success on our teams will not be defined by wins or losses. Instead, we will define success by the amount of growth each student achieves during their time in athletics. Growth can be measured in many ways. We will look for spiritual growth as well as a growth in overall leadership qualities, knowledge of the sport, and much more. We also look for growth in relationships with our teammates and coaches. Athletics provides many opportunities to grow through physical and mental challenges by pushing yourselves to improve in all areas of life.

Together with staff and coaches, we hope to create a lasting experience for students and parents. I hope this season will bring many joys and lasting memories for you and your family. I am excited about the opportunities ahead and am looking forward to getting to know you all more. Have a great season!

Go Pumas!

Sincerely,

Kara Haskill



The Potter's House High School Athletic Programs

Fall Sports

Football (Co-op): Varsity

Boys Soccer: J.V. & Varsity

Volleyball: J.V. & Varsity

Winter Sports

Boys Basketball: J.V. & Varsity

Girls Basketball: J.V. & Varsity

Girls Bowling: Varsity

Boys Bowling: Varsity

Gymnastics (Co-op): Varsity

Spring Sports

Baseball: Varsity

Girls Soccer: Varsity

Boys Track and Field: Varsity

Girls Track and Field: Varsity

Softball (Co-op): Varsity



Alliance League Classification

The Potter's House is a class C school and member of the Alliance League Athletic Conference through the Michigan High School Athletic Association (MHSAA)

Alliance League Members

The Potter's House
Holland Calvary
Fruitport Calvary
Holland Black River
Kalamazoo Heritage
West Michigan Aviation Academy
Grand River Preparatory
Tri Unity Christian
Zion Christian
Wellspring Preparatory



Coaching Standards & Expectations

The heads of extra-curricular programs at The Potter's House recognize the need to maintain a standard of excellence for our students. As such, we support the adoption of these standards to be used by the Athletic Director as the basis for the evaluation of coaches and programs.

A coach has a role as leader and mentor to student athletes and is an official representative of the school at interscholastic athletic activities. In such important capacities, these standard behaviors should be practiced.

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents, and the public.
2. Be a spiritual leader and model a lifestyle that exemplifies integrity and encouragement.
3. Develop, communicate, and model policies for athletes' conduct and language in the locker room, at practice, during travel, and during competition.
4. Develop an up-to-date knowledge of the rules, strategies, safety precautions, and skills of the sport and communicate them to players and parents.
5. Develop fair, unprejudiced relationships with all squad members.
6. Communicate effectively to parents and players clarifying all changes or updates.
7. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
8. Give the highest degree of attention to athletes' physical wellbeing.
9. Teach players strict adherence to game rules and contest regulations as well as sportsmanship.
10. Teach players, by precept and example, respect for God, school, authorities and officials, providing support for them in case of adverse decisions and refraining from critical comments in public or to the media.
11. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unfounded allegations of questionable practices by opponents.
12. Attend required meetings, follow MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
13. Present a clean professional image in terms of personal appearance and social media. Provide a positive role model in terms of personal habits, language, and conduct. Use of tobacco and alcohol within sight of players and spectators any time before a contest or on the day of a contest is unacceptable.
14. Incorporates spiritual development and lessons into games and practices.
15. Demonstrates enthusiasm for working with high school athletes and follows through on commitments. Supports, promotes and organizes team activities.

Parental/Guardian Standards and Expectations

When the coaching staff, the athletes, and the parents are working together for the good of the team, a season can be considered successful. Please help us provide the best possible environment for our athletes to have a quality experience. Everyone must play his/her role. The coaches need to coach, the players need to work hard and sacrifice for the good of the team, and parents need to support their children with attendance and encouragement. As models to our student athletes, the following behaviors and expectations should be practiced by parents.

1. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game.
2. Support the team by completing at least 4 parent hours during the season. This is a minimum requirement and more hours may be completed if requested. Opportunities to serve include game clock, official book, concessions, admissions, game manager, weight room supervisor, and game set up and tear down.
3. Provide support for coaches and officials working with the participants to provide a positive, enjoyable experience for all.
4. Place the emotional, spiritual, and physical well-being of the participants ahead of any personal desires to win.
5. Promote tobacco, alcohol, drug, and violence free sports environment for the participants and agree to assist by refraining from their use at all events.
6. Refrain from comments and actions that are intended to intimidate, bait, anger or embarrass others.
7. Maintain a position as a spectator and refrain from "coaching from the stands."
8. Support the participants in the appropriately designated areas for spectators.
9. Remember that the game is for the students not for the adults.
10. Make youth sports fun for the participants.
11. Pray for your student-athlete that they may be safe, have fun, and learn.
12. Pray for the coach. It's a tough job!
13. Expect that your child treat other players, coaches, fans and officials with respect regardless of race, sex, or ability.
14. Keep all comments from the stands POSITIVE, including those directed towards individuals other than your own child.
15. Promise to help your child enjoy the extra-curricular experience within your personal constraints by being a respectful fan, providing transportation and helping the program succeed.
16. Ensure your student-athlete has a great attendance record at school during the season as well as at practice.

Athlete Code of Conduct

A student who elects to participate in the activities program is voluntarily making a choice of self-discipline and self-denial. Being a member of these groups is a privilege and must be treated as such. An individual's conduct should reflect positively upon himself/herself, his/her family, the school, and the community.

- 1) In the arena of competition, behavior should reflect good sportsmanship.
- 2) In the classroom, good citizenship, the highest individual academic effort, and social responsibility should exemplify the conduct of a good athlete.
- 3) The student is responsible for equipment and facilities used during the performing of the activity. Athletes must show good stewardship to what they've been given.
- 4) Dropping out of an extra-curricular activity is a serious matter. As a courtesy, the student and parents should discuss this decision with the coach, counselor, or athletic director before making a final decision.
- 5) High School athletes should show high levels of leadership qualities and lead by example.
- 6) A student should respect and adhere to the expectations of the individual coach.
- 7) Athletes should treat officials with respect. There is to be no complaining or yelling at officials before/during/or after competition.

All rules of this section as well as other sections of the athletics handbook are in effect from the beginning with their first day of participation in an extra-curricular activity and continuing through to the date of graduation or the last date of participation, whichever is later and regardless of age. All infractions will be penalized and be applicable at any time during the calendar year and will carry over from year to year.

The students are at all times representatives of the athletics program of The Potter's House and must not engage in conduct which is disreputable or unbecoming of a student of The Potter's House. Conduct which would constitute a violation of any law or ordinance and which involves an act of dishonesty or criminal intent will be subject to the penalties and disciplinary measures of the Athletic Code.

Violations of the Code of Conduct are punishable by the disciplinary measures and penalties as follows:

- A. Suspension – restricted from participation in the scheduled events and/or games of the athletic activity for a specified duration. The athlete must attend practices.
- B. Removal – removal from participation in any and all athletic activities including practices for a specified period or permanently.

The Athletic Director and the Dean of Students shall determine the degree of the penalty or disciplinary measure imposed on a case-by-case basis according to the seriousness and severity of the violation. The student's assigned High School Counselor will be consulted when appropriate.

The above training rules are the minimal standards, which are to be adhered to by students. But, any coach may implement his/her own training rules and regulations which go above and beyond the minimum standards previously stated with approval of the Athletic Director.

Eligibility Policies

Participation in the athletic program at The Potter's House is a privilege that is earned. Therefore, student-athletes are held to a high standard of behavior and academic excellence. Students are required to meet the standard eligibility requirements before, during, and after participation begins.

Academic Eligibility

1. Student-athletes must be passing ALL classes and have a minimum GPA of 2.0
2. Academic eligibility reports will be run every two Fridays by the Athletic Director
3. If a student athlete is deemed academically ineligible at the time of an eligibility report the following will occur:
 - a. The student will be alerted by the Athletic Director and their coach that they are academically ineligible. Parents will also be contacted.
 - b. The student will be unable to participate in any athletic contest from Sunday to Saturday during the week following the eligibility report. Students will be able attend and participate in all practices while ineligible.
 - c. The student must attend 3 8th hours during their week of ineligibility. If an 8th hour conflicts with their practice time, then they will miss practice.
4. If a student-athlete is deemed academically ineligible at the end of a semester (failing a class and/or less than a 2.0 GPA) they are athletically ineligible for the first 60 days of the following semester (Reinstatement will occur given they are passing all classes and have a GPA 2.0 or above following their period of ineligibility)
5. If a student is not failing any classes, but has a GPA at 1.7 – 1.9, they are eligible for advocacy from teachers to allow athletic eligibility. Athletic eligibility will only be granted if each teacher in which the student-athlete has a C- or lower advocates for that student. Advocacy will be granted based on effort, improvement, and attitude.

Behavioral Eligibility

1. Any time a student is suspended by the school for behavioral issues (in-school and/or out of school) they may not participate in any athletic practice or competition during the suspension.
2. Suspended student-athletes may not be in attendance at any athletic event in which the team they are on is participating until the suspensions is lifted. (See TPH School Handbook for suspension guidelines)
3. If a student has an unexcused absence from school for any part of the day, they will be ineligible to participate in after school athletic activities (games or practice). Students must be in class or receive an excused absence from a parent or guardian in order to be eligible

Alcohol, Tobacco, Drugs, Illegal Acts:

1. Student-athletes may not possess and/or use any tobacco products, drugs, including drug paraphernalia, steroids, and/or alcoholic beverages.
 - a. **First Offense:** Suspension from all extra-curricular activities for 40% (2/5) of the contests or competitions in the current season and/or the next season of competition.
 - b. **Second Offense:** Suspension from all extra-curricular activities for 100% of the contests or competitions in the current season and/or the next season of competition. If suspension occurs during the beginning of the season, the student may become eligible

for the next season of athletics if the student completes up to 40 hours of community service. (Service is to be completed *before* the student may resume competition).

- c. **Third Offense:** Suspension from all athletic activities for remainder of career. Student will face other consequences deemed necessary from the Principal, Dean of Students, or Athletic Director.

NOTE: A student suspended from interscholastic competitions must continue to demonstrate the qualities of sportsmanship outlined in this handbook.

NOTE: If a suspension cannot be completed in the present season, the suspension will be carried over to the student's next sports season. The amount of dates to be suspended will be determined by the Athletic Director.

NOTE: Any student suspected of steroid or illegal drugs will be required to submit to a drug test. Failure to take or pass this test will cause removal from the team for the remainder of the season. Any further participation in High School athletics must be approved by the Athletic Office.

NOTE: Actions displayed on the internet are considered a source of evidence in determining a violation of the Activity Code of Conduct.

Transfer Eligibility

A student already enrolled in grades 9-12 who changes schools (transfers) is not immediately eligible unless that student meets one of the 15 stated exceptions. This rule does not apply to middle school students. When students who do not meet an exception, their eligibility is dependent on when the student enrolled in the new school. If students change schools before the 4th Friday after Labor Day, they are eligible mid-January on MLK Day; if the change of schools is after that but before the 4th Friday in February they are eligible on August 1st to start fall sports. The 15 exceptions break down as follows: 8 are residency exceptions which must be full and complete, 5 have to do with the status of the school – school closing, new school opening, and 2 involve the status of the student such as an incoming 9th grader. In addition, a full and complete residential change which would grant immediate eligibility, must be from one public school to another district – regardless of the type of school attended before. When students do change schools and residency under the regulation, they are eligible only at the school of residence or the closest non-public or charter school to their new address.

Limited Team Membership

1. After a student has represented the school in an interscholastic athletic activity, the student may participate in a maximum of (2) non-school individual interscholastic athletic meets or contests during the athletic season of the school year while not representing the school only in the sports of cross country, golf, gymnastics, swimming and diving, tennis, track and field, and wrestling.
2. The student may not participate in any "all-star", charity or exhibition contests in any interscholastic athletic event not sponsored by the MHSAA before graduating from High School.
3. Parents should always check with the Athletic Director before allowing a student-athlete to participate in any non-school athletic activity. This is important to the student's future athletic eligibility. A violation of the limited team membership rule results in ineligibility for three competitions.

Extra-Curricular Conflict Resolution Process

- All complaints MUST be heard at the lowest possible level BEFORE intervention by a higher authority can occur
- A 24 hour “cooling off” period must be granted before any complaints are initiated
- Complaints must be made within 10 days of the incident. For the sake of all parties, the entire process must be concluded within 30 days of the incident

Step 1: Start with the Source

The player will speak directly to the coach. A cooling off period will be granted for all parties before resolution is sought. This meeting should be done in private, away from practice sites and game arenas, and should be conducted face to face. Students who not feel comfortable speaking solely to the coach may request a parent to be present, however the meeting should be conducted by the athlete.

Step 2: Move to the program head

This step is necessary only if the issue is in regards to a subordinate or assistant (i.e. an assistant, JV coach, etc.) If going to the source does not resolve the problem, then the head of the program should be notified and he/she should attempt to facilitate a solution. If the “source” is the head of the program, move to step three.

Step 3: Contact Athletic Director

If an agreeable solution is not reached, then the athletic director will conduct a meeting between the parties in an attempt to find a resolution.

Step 4: Contact Principal/Dean of Students

If an agreeable solution is still not reached, then the principal and/or dean of students will conduct a meeting between the parties in an attempt to find a resolution.

Step 5: Notify the Superintendent

At this point in the process, individuals who still believe their disputes have not been resolved adequately can submit a written narrative of their complaint to the School Superintendent. A copy of this will be given to all concerned parties, who will be afforded the option of a written rebuttal. After the superintendent has reviewed the documents he/she can conduct a meeting in a final attempt to resolve the dispute. This step is only for severe/extreme circumstances.

Step 6: Request non-partisan School Board mediation

This final step is appropriate only in extreme circumstances and shall follow the same process laid down for the superintendent.

Student-Athlete Practice and Game Attendance

The student-athlete is expected to attend EVERY practice and contest, arrive on time to every practice and contest, and to give their full effort in practice and competition. The student-athlete's family and the coach must resolve any exceptions to attendance at practice and contests prior to the absence. A suspended student-athlete is always ineligible for athletic competition for the duration of the suspension. Each player is expected to adhere to all rules and expectations as outlined by their coach. These expectations are articulated to students prior to try-outs.

Examples of excused absences or tardiness from practice or game competition: Sickness, funerals, court appointments, family emergencies, or a medical appointment.

Absences such as a family vacation should be planned to coincide with scheduled school vacation time or out of season. Any other absence is considered unexcused and that student-athlete will be subject to the consequences.

Consequences for Unexcused Absences from practices/games

1st Offense: Coaches choice (sit out a quarter, don't start, writing an essay)

2nd Offense: One game suspension

3rd Offense: Multi game suspension

4th Offense: May result in dismissal from team. The coaching staff will review situation with AD

NOTE: All final decisions are made by the head coach with input from the AD. A coach may change their consequence decision based on circumstances.

Reinstatement Procedures

Athletes who are dropped or quit a team for any reason may appeal, in writing, within 5 school days for reinstatement. The petition will be made to the head coach, who will refer it to the team for review. If the head coach disagrees with the conditions, the team can re-petition for coach's approval. If the head coach agrees, reinstatement will occur. If the head coach disagrees, dismissal from the team will stand. The decision will be made by the head coach within 48 hours of the appeal being received.

Detention and Practices/Game Travel

If a student-athlete is served a detention or 8th hour that may interfere with practice attendance or potential travel to an away or home contest, the following protocol should be followed:

- Students must serve their scheduled detention or 8th hour, even if it conflicts with practice time or game.
- It is the student-athlete's responsibility to make his/her coach aware of the practice absence or tardiness or to make their own travel arrangements to away contests. It is not the coach's responsibility to make alternative practice plans or travel arrangements for a student serving a detention or 8th hour.
- If the student-athlete fails to tell their coach about their detention or 8th hour, their absence from practice will be considered unexcused. (see consequences for unexcused absences above)

Communication between Coach and Parents

One of the purposes of the interscholastic athletic program at Potter's House is provide an arena in which students can learn and grow in meaningful ways that are not always possible in a classroom setting. Our ultimate success in achieving a positive athletic experience will be measured by our ability to establish lines of communication. Through good communication, people feel valued and understood, even if complete agreement is not always reached. We are all concerned about the education of our students. Part of the process of growing up is learning to handle your own difficult situations. If a conflict or misunderstanding between an athlete and a coach or an athlete or teammate occurs, learning to resolve it is an important educational experience for the athlete. Parents should react slowly when hearing about their student's conflicts. Athletes vent frustration at the dinner table expecting mom and dad to take their side of the issue and tend to leave out a few details. Parents should always seek more information before drawing conclusions. The most productive, long-term help a parent can give a child in awkward situations with a coach is to teach and model the skills of conflict resolution. Help your child resolve his or her own differences. When a student successfully deals with difficult interpersonal conflicts, he or she learns and grows. Parents are encouraged to help their athlete learn the valuable lessons that athletics can teach, even the "tough lessons" that may be difficult for everyone involved. Of course, a parent always retains the right to intervene on behalf of a child.

Communication all parents can expect from their child's coach or the Athletic Director

Team Itinerary: Parents need to know the location and times of all try-outs, practices, games, bus trips, meetings, banquets, team camps, conditioning sessions, etc., as well as directions to away contests.

Team Rules: Parents appreciate knowing not only the philosophy of the coach but also any team policies, including consequences that the coach established to supplement the code of conduct, rules, and regulations.

Criteria for Team Selection: Coaches should develop and distribute written criteria for team selection, including objective criteria such as those measured against the stopwatch or skills completed, as well as subjective evaluations such as attitude, effort, coach ability, grades, or potential.

Injury: Parents can expect to be immediately informed by the coach when an injury occurs that requires medical attention. Parents may call the athletic director for additional information on care.

Problem Behavior: Coaches should call parents whenever an athlete exhibits atypical behavior that persists longer than 49 hours.

Discipline: The coach will inform parents within 24 hours of all discipline that results in the loss of contest participation or removal from the team. This contact will be done before the parent is to attend the contest whenever possible.

Communication Coaches Appreciate from Parents

Schedule Conflicts: If you cannot reach the coach directly, it is then appropriate to notify the main office to get a message to the coach. Please check with the coach before trying out regarding previously scheduled absences.

Emotional Stressors: Coaches appreciate knowing about any unusual event in the life of an athlete that is causing the student additional stress

Volunteers: Coaches need help with so many aspects of managing the program (fundraisers, work projects, team dinners, banquet, etc) that they are always glad to hear from parents who have ideas and are willing to work for the team.

Forthrightness/Encouragement: Every coach wants to try and resolve a conflict before it is taken to the AD, principal or other higher authority or before it is discussed "in the stands." A coach also will always love hearing how they're doing. Coaching is a tough job, make sure to encourage them!

Facility Policies

We are blessed with a brand new state of the art facility. As athletes, you are to be good stewards of what we have been given. Horseplay, vandalizing, improper disposal of trash or other items, will not be tolerated.

Locker Rooms

The locker rooms are to be used for storage of gym clothes, showering, changing and restroom facility use. The locker room is not a place to socialize. Please respect our facilities and clean up. If locker rooms are not kept tidy, they will be closed down until in season teams set a rotating cleaning schedule assigning certain duties to team members. If poor cleaning habits continue, the locker rooms will be closed to teams for the season.

Gymnasium

Water is the only approved drink to have near the playing floor. Sodas and sports drinks may be consumed during events, in the stands only. Also, only athletic shoes are allowed to be worn on the floor. Players must sweep the floor if their team is the last practice of the day.

Weight Room

Please re-rack all of your weights as you are using them. An adult must be supervising students in the weight room at all times. Please use the spray or wipes to clean the machines immediately after use. If there is broken or missing equipment, please report it immediately to the head coach or athletic director.

Equipment Room

The equipment room is to be accessed by coaches and TPH staff only. Students are not allowed in the equipment room unless specifically asked by a coach or staff member to help set up or tear down following a game. If items are removed for practice, please return the items in the condition and place where they were taken from.

Consequences

If student-athletes are not being good stewards of our new facilities, the coach and AD reserve the right to assign fitting consequences. For example, if a student habitually leaves their trash behind or does not clean up after themselves in the locker room, they will be assigned custodial duty for a pre-determined period of time and/or they could be asked not to attend practice until certain cleaning duties are completed.

Scheduling Conflicts

Every attempt will be made to avoid scheduling conflicts with school sponsored activities and athletics. In the event of a scheduling conflict, (i.e. choir concert or project) the student should notify the coach and the athletic director of the other activity as soon as a conflict in the calendar occurs which requires the student to be in two places at the same time. The commitment of students in athletics should increase at higher levels of competition. At times, personal interests may need to be sacrificed for the good of the individual and his/her team members. If the conflict is school related, a decision by the coach and AD will consider the best interests of the student and the events.

Severe Weather Policies

Snow

If school is cancelled due to snow, all team meetings and practices will be cancelled. If a varsity team contest is scheduled for the next day, practice may continue at an appropriately scheduled time. Varsity teams only may practice on snow days, no ninth grade or junior varsity practices may occur. Absences from varsity snow day practices will be excused.

If school is cancelled due to snow and there is a scheduled day of competition, please refer to our website pottershousedpumas.com for updates and cancellations.

Lightning

Outdoor activities will be suspended with athletes being sent into the school or nearest public building until the lightning subsides. Practice or a contest may resume after the officials or coach issues an all clear. Games are delayed 30 minutes from each lightning strike.

Tornado Warning/Tornado Watch

If a tornado watch is issued before a practice or contest, events will be cancelled unless there is an all clear two hours before the scheduled start time. If a tornado watch occurs during a practice or contest, the event will be suspended and athletes will be released. In the event of a tornado, the practice or contest will be suspended and athletes and coaches will need to take cover in the nearest public building in an approved tornado shelter. Once the all clear is given, athletes may be dismissed.

Miscellaneous Policies

Uniform Policy

Uniforms are school property. Student-athletes will be issued a uniform before the first date of competition. Uniforms must be washed after each contest. At the conclusion of the season, uniforms must be handed in no later than 2 weeks after the last date of competition. If a student fails to return the uniform in a timely manner, zero hours will be given every day until the student returns their cleaned uniform. Students will be responsible for any damage that occurs to the uniform while it is in their possession. Students will cover the cost of the replacement if their uniform is lost or damaged. Please read the laundry care requirements for your uniform before it is washed. DO NOT dry clean or iron dry your uniform.

Game Day Dress Code for Athletes

Students are expected to follow dress code on the day of a game. Approved team jackets or polos may be worn by the team given that the entire team wears the same approved jacket or polo. The AD has the final say about what is appropriate game day attire. Football players may wear their game jersey to school on the day of competition.

Website

Potter's House now has their own website dedicated solely to athletics! Please visit pottershousedpumas.com where you will find schedules, stories, updates, physical forms, volunteer sign up, and so much more. **Parents and students are urged to sign up for Alerts.** When a change in schedule or cancellations occur, alerts will be sent out via the website to inform all of that certain sports followers. Please contact the AD or Noelle Gable if you have questions about signing up for alerts.

Ten Ideas to Help Parents Support Their Kids

- 1) Make sure your children know that win or lost, scared or heroic, you love them, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.
- 2) Try your best to be completely honest about your child's athletic capability, their competitive attitude, sportsmanship and actual skill level.
- 3) Be helpful but don't coach them on the way to the game, on the way home or during breakfast and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
- 4) Teach them to enjoy the thrill of competition to be "out there trying", to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
- 5) Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure them because of your lost pride.
- 6) Don't compete with the coach. Support the coach.
- 7) Don't compare the skill, courage or attitudes of your children with other members of the team
- 8) Get to know the coach so that you can be assured that the philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.
- 9) Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
- 10) Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everything is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athletic child is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your kid say, "My Parents really helped, I am blessed."

Acknowledgement Page

I, _____, have read and fully understand and accept the expectations of myself during this season of competition.

Student Signature

I, _____, have read and fully understand and accept the expectations of myself, a parent/guardian, during this season of competition.

Parent/Guardian Signature

I, _____, have read and fully understand and accept the expectations of myself, a coach, during this season of competition.

Coaches Signature