

SHADOW HILLS ATHLETIC DEPARTMENT LINES OF COMMUNICATION

Both parenting and coaching are extremely important and difficult vocations. Shadow Hills Athletics believes in character development through participation in athletics. In athletics, life skills such as; teamwork, hard work, selflessness, commitment, dedication, goal setting, time management and communication skills can all be learned. The goal of interscholastic athletics and parenting should go hand in hand with the goal of developing high caliber student athletes of character who are resilient and adaptable to the world in which they live. In order to accomplish these goals, clear lines of communication must be established.

Communication you can expect from your Coach:

1. Coaching philosophy
2. Team expectations, requirements and goals
3. Practice and competition location and times
4. Injury protocols and procedures
5. Discipline when team expectations are not met

Communication Coaches expect from parents:

1. Notification of illness or injury (if student-athlete is unable to notify coach)
2. Confidential information
3. Concerns expressed directly to the coach

Appropriate concerns to address with Coaches:

1. How to best assist the team
2. Concerns about student-athlete's behavior
3. Strategies to help improve the student athlete's performance

It can be difficult as a parent to accept your student athlete not getting the amount of playing time you may have hoped. Understand that coaches are trained professionals who make decisions on what is best for the team as a whole. Topics that are appropriate to discuss with coaches are listed above. Other topics, such as the ones listed below, are left to the discretion of the coach

Issues that are not appropriate to address with Coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes or coaches

Please do not attempt to speak with a coach before or after a game or practice. These can be emotional and stressful times for everyone involved. Coaches are people too, who have full time jobs, families and their own lives. Please be respectful of their time and allow them to decompress after a long and an emotionally changed game or practice.

As we work together to develop young athletes we must encourage them to step up and speak for themselves. With this in mind the following are the appropriate steps to take to bring forward any issues or concerns.

If you have a concern to discuss with your coach, the procedure is:

1. Student athlete requests and has one on one conversation with Coach
2. If there is no resolution from this meeting an additional meeting should be requested with student athlete, Coach and parent
3. After this meeting, if there is no satisfactory resolution contact the Athletic Director at 760-393-5400 or Michael.walsh@desertsands.us The Athletic Director will set up a meeting with the student athlete, parent and coach in an attempt to mediate a resolution.

By following these 12 tactics players can definitely work their way towards increasing their playing time.

1. Attend every practice.
2. Talk to the coach.
3. Know your game.
4. Be willing to do the dirty work.
5. Always look interested.
6. Stay ready.
7. Work really, really hard.
8. Don't give the coach a reason to not like you.
9. Improve your level of fitness.
10. Listen to the coach.
11. Become a great defender.
12. Improve your time management.

"So on our team we – me, my coaching staff – we put a huge premium on body language and if your body language is bad, you will never get in the game. Ever. I don't care how good you are."

~Geno Auriemma 1062-139 at UConn-best winning percentage in the history of the sport. Under Auriemma's leadership, UConn has won 21 conference regular season titles, advanced to 20 Final Fours, posted 6 perfect seasons, and won 11 national championships.