

The Coach /Parent Meeting

Successful coaches are aware of the importance of securing the aid and support of well-informed parents. A parent meeting will assist you in preventing potential problems because of lack of communication or misunderstanding. Make it part of your first session.

Objective of the meeting

- a) Introduce yourself to the parents
- b) Improve parent understanding of youth sport
- c) Discuss expectations of players and parents
- d) Cover administrative details

1. **Introduction** - Welcome everyone and have some brief comments about yourself. Your background and how you became involved in coaching. (Do not worry if you do not have an extensive coaching background, be honest but let them know you have taken the NCCP clinic and are excited to continue to grow and learn as a coach). Inform them of some of the skills you have learned that will help you in working with their children. Have the players and parents introduce themselves
2. **Your Coaching Philosophy** – Briefly explain what you plan to emphasize as a coach and why this is important. Make reference to the Long Term Athlete Development Model. This can help explain your reasons for why you will be coaching the way you do.
 - Participation vs. restricted playing time based on ability level
 - Development of skills vs. the emphasis on winning at this stage of development
 - FUNDamentals – Help parents understand that it should be fun at this stage and that the children need to learn basic fundamental movement skills not just basketball. Many of these skills will be taught by using fun movement games.
3. **Basic Expectations of the children** - Explain what your expectations will be from the players emphasizing the three values. Give specific examples instead of more general words like a good *attitude* or good *behaviour*.
The three values are:
 - Do what is right –use equipment / facilities as intended, asking ourselves if this is the right thing to do (positive behaviour not negative such as stealing and swearing)
 - Do your best – active participation, trying to do new activities, improving on past performances
 - Treat others the way you want to be treated – be polite to others, share, take turns, say please and thank you.
4. **Basic Expectations of the parents** – Explain to the parents that they are responsible for the arrival and pick up time for the children. Being on time is very important since you have a short time in which to operate. Children arriving late

often feel left out. Please communicate with you when their child cannot attend can not attend or any conflicting dates. This assists in your planning and relieves worry. Ask if any parents wish to become involved in coaching, administration, or any other little tasks that will help the program. Parents are responsible for making sure their children have the necessary ‘stuff’ for the sessions i.e. clean gym clothing, appropriate footwear, nutrition snacks, labelled water bottle. Emphasize that children should not bring valuables to the gym. You must decide if you want the parents to help or do you want them just to support their child. Explain to the parents what behaviours are expected when watching the sessions. Again be specific!

5. **Inherent risks** –By the very nature of the activity injuries may occur. Inform the parents that with proper planning and organization many of these may be eliminated. If an accident does occur you have an EAP (Emergency Action Plan) in place. Also explain that with membership in the Be One provincial organization the children have insurance. Ask if there are any parents who have training in emergency procedures. Would they be willing to assist? It is also important that parents let you know about any possible health concerns or sensitivities that their child may have that will help you better coach their child. Most parents are very familiar with this procedure when dealing with schools. You must respect the child’s privacy in these matters.
6. **Schedule** - Go over league or association rules that may differ from the adult game people may see on TV. Give a brief overview of the season and the goals you have. Explain when the sessions will be held. It is important to again stress that if the session starts at 6:00 PM what time can the children arrive. If you finish at 7:00 PM the children can be picked up at what time. Explain what doors will be used and rules that the facility may have that can impact the parents, such as parking, no boots on the gym floor, coffee cups
7. **Contact information** – It is important to have emergency contact information for the children. Parents may not wish to give out health card numbers. If not that parent must be accessible. You should also include your contact information.
8. **Summary sheet** - Distribute a one sheet summary of what you have gone over. Be sure to include your contact information and the schedule.
9. **Closing** - Ask for question, but mention when you will be available to have a private talk about their child. You do not want to get into deep disagreements on philosophy. As long as you are apply your learning’s from your NCCP training you will have the support of both the provincial and national bodies. The vast majority of the parents will also be in agreement. Conclude on a positive note. Emphasize how excited you are to work with the children and if the children have fun, puffy cheeks and want to come back we are successful. They will grow many areas from this experience. Such as: confidence, leadership, working with others, fitness