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## Parent Orientation Checklist

“The sum of all your thoughts comprises your overall attitude” (Maxwell, John C.)

This orientation will give the coach time to give a brief overview of his coaching philosophy, review team rules that may require disciplinary action, provide pre-season agreements and codes of conduct and answer any questions.

**NOTE:** *(Agreements and Codes of Conduct will need to be signed and returned at this meeting or at first practice before participation can begin – A signed copy of the Coaches Code of Conduct will need to be provided to each parent/guardian at the meeting).*

### Maximum 90-Minute Agenda

*“If you fail to plan, you plan to fail”*

Introductions (5 minutes) \_\_\_\_\_ (check)

1. Introduce yourself and any assistant coaches. \_\_\_\_\_

*(Give a little background about yourself, why you're coaching, your experience in the sport, what you do for a living. Let parents know what qualifies you to coach and why they should trust you in taking responsibility with their sons or daughters.)*

Coaching Philosophy (20 minutes) \_\_\_\_\_

2. Present a brief overview of your coaching philosophy. \_\_\_\_\_

*(Refer parents to Coaches Code of Conduct. Be sure to discuss at least the following:*

- The benefits their athletes are likely to receive from participation in the sport.*
- The methods you use to teach skills and values. (Describe a typical practice)*
- The emphasis you give to sportsmanship vs. winning, having fun, and helping athletes develop physically, psychologically, and socially.*
- Have parent's review and sign pre-season agreements.*

Performance Demonstration (15 minutes) \_\_\_\_\_

3. Prepare a short demonstration or explain the skills, scoring, and rules to parents. \_\_\_\_\_

*(Parents may not know much about the sport. Perhaps you can locate a good film or video [10 minutes], Emphasize safety when talking about necessary equipment and rules.)*



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#### Potential Risks (5 minutes)

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4. Emphasize the potential risks of participation. \_\_\_\_\_

*(It is your duty to inform parents of the inherent risks. They must make informed decisions about their child's participation. Be sure to be specific about the dangers of your sport. Keep discussion upbeat by telling parents about your precautions you will take to minimize the risk of injury.)*

#### Sport Program Specifics (15 minutes) {1 minute per bullet}

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5. Describe the program you will be conducting. \_\_\_\_\_

*(Remind parents to review the coaches code of conduct regarding coaching philosophy, and "touch" on the following questions regarding the performance side of the program.*

- *How much time will their sons or daughters practice daily?*
- *How often and when does the team practice?*
- *How long is the season?*
- *How many contests will there be? Are cancelled contests to weather, rescheduled?*
- *How do you decide who plays?*
- *Is there any team travel involved? If so, how are the expenses paid?*
- *What equipment does each athlete need to purchase?*
- *Where is equipment available, and how much does it cost?*
- *Are there scholarships available for athletes that have limited financial support?*
- *Are there any insurance requirements?*
- *How do you want parents to communicate with the coaches?*
- *Are physicals required for players to compete?*
- *Who decides when an athlete is ready to play following an injury?*
- *Are there special instructions for pre-game meals?*
- *What can parents do at home to facilitate the child's physical development or learning of sport skills?*

#### Player and Parent Pre-Season Agreements (15 minutes)

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6. Briefly review Agreements. Collect agreements. \_\_\_\_\_

In addition to agreements identified by the coach, the parents can provide the following:

- Be supportive of your child's participation on the team, but don't pressure your child.
- Keep winning in perspective, and help your child do the same.
- Help your child set realistic performance goals.
- Help your child meet his or her agreements, codes, and responsibilities to the team and the coach.
- Inform the coach of any medical or physical ailments that your child may have that may affect performance or health immediately.

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### Question and Answer / Closing Comments (15 minutes)

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7. Answer questions that have not already been resolved. Thank the parents and players for attending and ask for their cooperation and commitment during the forthcoming season.