

# PRE-SEASON MEETING EXPECTATIONS

The pre-season meeting is a chance for families and schools to partner together to deliver a positive student experience.

This meeting also serves as an opportunity for the school to share with the student and family the school's athletic and activities program philosophy, what to expect throughout the season as far as time commitment, individual responsibilities, communication methods, how to maintain a healthy lifestyle and be proactive in minimizing the risk of injury - additional topics may also be covered which are more specific to our school.

## EXPECTATIONS OF THE COACHING STAFF

- Clearly articulate coaching philosophy
- Communicate expectations of students
- Prompt notification of location and time of practice, contests and any changes/delays to what was initially outlined
- Notification about special fees, equipment needed
- Team rules and consequences
- Knowledge of how to prevent injury and minimize risk when student participates
- Be a model of strong and respectful communication for the students on the team - students learn what is appropriate when they see how adults talk to other adults, other students and the officials
- Identify appropriate ways to support the program
- Inform students and family members of the communication chain-of-command
  - What is appropriate for the student to address directly with the coach?
  - If a parent has a concern, when is it appropriate to go directly to the coach vs. the school administration?
  - Are there times when it is advised to go directly to the school administration before speaking with the coach?

## EXPECTATIONS OF FAMILY MEMBERS

- Early notification of schedule conflicts
- Understand that failure to attend practices/games may result in a consequence
- Provide support to your student to talk directly with the coach - students need the opportunity to practice in order to develop these communication skills
- A ticket into a game is privilege to observe the contest; it is NOT a license to verbally assault others. Control negative emotions - the officials and coaches have been hired and your role is solely to cheer for our school
- Have realistic expectation of your student's success - this is the student's time to shine
- Consider how your student's goals can be supported by you
- Be a model of strong and respectful communication for your student - do your words and actions make your student proud to have you in the stands or does it embarrass your student?
- Remember that interscholastic activities are an extension of the classroom and a learning experience for students; mistakes will be made
- Praise student-athletes in their attempt to improve themselves
- Learn the rules of the game so that you may understand the game and appreciate the effort of the participants
- Avoid sideline coaching which detracts from the performance of the student-athletes

## IESA RULES TO ADDRESS

- School policy regarding a student participating on a school team and a non-school team at the same time
- Academic eligibility and weekly grade checks
- Residency, transfers and age/grade in school eligibility
- Sportsmanship expectations VIDEO
- Hiring of IHSA-licensed officials

### INAPPROPRIATE FOR FAMILY TO DISCUSS WITH COACH:

- Student's playing time
- Team strategy
- The calling of specific plays
- Other students

### APPROPRIATE FOR FAMILY TO DISCUSS WITH COACH:

- Concern about treatment of child
- Tips on how your child best learns
- Information about your student's behavior

## EXPECTATIONS OF THE STUDENT

- Commit to being a positive member of the team
- Understand the privilege you have to be a member of the team and the responsibility it carries
- Be a model for other students in your words (in person and on social media) and actions - you never know who YOU are influencing by what you show them
- Respect the integrity and judgment of the game officials and avoid public criticism of game officials; accept the decision of contest officials
- Remember there is a difference between gamesmanship and sportsmanship; don't push the limits of the rules to gain an advantage
- Refrain from taunting, trash talking or making derogatory remarks to your opponents
- Wish opponents good luck before the game and congratulate them in a sincere manner following either victory or defeat

### Sources

NFHS Parents Brochure  
IESA & IHSA Sportsmanship Manual



# PRE-SEASON MEETING AGREEMENT

## STUDENT

As a student participating on my school's \_\_\_\_\_ team, I have attended the pre-season meeting conducted by my coach and/or school administration. In this meeting, information was shared about the following expectations of me as a student:

- What I can expect from the coaching staff
- What is expected of my family when attending matches/contests/meets for our school
- Additional school-specific and IESA rules
- What it means to be on a team at our school
- The expectations of my behavior inside and outside of the classroom
- The different ways in which I must meet eligibility requirements
- Our school's drug and alcohol policy
- The team's attendance policies and consequences for practice and competition

By signing below, I am agreeing that I have been informed of and understand the requirements I am expected to follow as a representative of our school on this team.

**Printed Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature** \_\_\_\_\_

## FAMILY MEMBER

As a family member for the student listed above, I understand the following are the expectations of parents/guardians of student-athletes:

- Understand the purpose of educational athletics
- School sports are about students learning and having fun
- School sports are not about attempting to earn a college athletic scholarship
- Don't live my life through my child's activities - this is their time
- Accept all decisions of officials
- Applaud during the introduction of players, coaches, and officials
- Make my cheers supportive and not instructions as to how to play
- Be a positive role model through my actions by remaining calm/composed during games
- There is enough pressure on students to perform as it is and I can add pressure from reacting to mistakes they make and being critical and negative. Heightened emotions create unneeded stress and take away from the fun of the game.

By signing below, I acknowledge I am aware of the information shared regarding the school's expectations of me as a partner with them in promoting my student's interscholastic experience.

**Printed Name** \_\_\_\_\_

**Date** \_\_\_\_\_

**Signature** \_\_\_\_\_