

AHS BLUEJAY PARENT

“INTERFERENCE vs. INVOLVEMENT”

INTERFERENCE

1. Don't go to practice or competitions to give instructions. The our athletes have coaches that have worked hard on developing cohesion and a mental attitude toward the game. Yelling out tips, advice, correction, or criticism will in no way improve your athlete's performance. The same principle holds true in yelling out advice from the sidelines. Keep in mind, the content and accuracy of the information is not the issue. We beleive, help not asked for is criticism. If your son/daughter has not asked for your advice, then don't give it. Don't question the coach's decisions during or between games.
2. As a parent, you have a right to your opinion regarding your athlete's playing time, attitude, criticisms, etc. However, we recommend the 24 hour rule – speak to the coach 24 hours after the game. By then, the dust has settled, tempers have cooled, and saner heads prevail. At that time, be specific as to your concerns. Beginning at approximately 14 years old, we believe it is important for you to begin empowering your athlete, and teach him/her to take care of his/her own needs. Rather than speak for them, encourage your athlete to speak up for himself/herself.
3. Don't make a spectacle of yourself during the game. Loud and rude comments to officials, opposing coaches, or even opponents may seem humorous to you, but your child may be cringing with embarrassment. Always keep in mind that you are a role model, and act in a civil manner, the way you would want your child to behave.
4. Don't tell your athlete everything that you beleive is wrong with his/her team. Criticizing the team is not to be considered quality sharing time with your athlete. You may think it is helpful, but he/she feels criticized. In addition, he/she already knows that mistakes have been made and does not need to be reminded of it by you.

INVOLVEMENT

1. Always be positive. Learn to encourage, not criticize. If you don't have something good to say, then don't say anything.
2. Be a parent, not an agent. Talk to your athlete regarding his/her concerns, and help him/her to learn to take care of most issues himself/herself. Rather than criticize coaches and players, and make excuses, take the excellent opportunity to teach how to cope with adversity. Don't make lists of demands for the coaches to follow.
3. Spend time practicing at home. In the years to come, you will both treasure the memories of spending time together tossing the ball around etc, much more so than the wins and losses.
4. Volunteer your time to help with activities, such as fund raising and concessions etc. Ask the coach how you can help, and follow his/her direction. Your athlete will appreciate your positive involvement, and be proud to have you as part of the team.