



Parents of Athletes Role for Conduct

1. The season that your son plays will not ever be perfect. There will be ups and downs. Problems will arise.
2. Ask yourself why is your son playing sports? If it is for a college scholarship, then you are probably adding undue pressure to your son. Have you ever asked your son the question, what motivates him to play sports?
3. The first step a parent should take is to release their son to the coach and to the game. You have not released your son to the sport or coach if you ask him, "How did practice go" or "why did the coach do that?"
4. Things you may talk to the coach about concern the following:
 - How can my son improve?
 - His behavior.
 - Mental and physical treatment.

Negative actions or inappropriate questions are:

- Playing time.
 - Team strategy.
 - Being critical of other team members.
 - Negative post on social media.
5. Let your son find solutions to his own problems; it fosters growth.
 6. Parents are taking things too seriously when they:
 - Try to coach their son at home.
 - Make notes during the game so they can give advice.
 - Be verbally critical of a coach or official.
 7. Poise and confidence: Parents need to model these attributes if they expect their son to do the same.
 8. The Archbishop Rummel program takes precedent over all other outside programs.
 9. Do not live your lives through your son.
 10. Always display good sportsmanship.
 11. If your son is injured, have him report to Coach Greco in the field house for an accident form. Parents must file with their insurance 1st and stay in their network. The Archdiocesan insurance is a secondary insurance.
 12. All student athletes must have a completed athletic packet with a physical before they are allowed to practice.

In short the parents' role should be:

- Attend as many games as possible.
- Do everything possible to make your son's athletic experience positive for him and others.
- View the game with team goals in mind.
- Attempt to remove competitive pressure, not increase it.
- Encourage multi sport participation.
- Release your son to the team and coach.
- Accept the judgment of the officials and coaches. Remain in control.
- Accept the results of each contest; do not make excuses.
- Demonstrate winning and losing with dignity.
- Encourage your son and his teammates.
- Accept the goals, roles and achievements of your son.
- The best thing to say to your son after a game is **"I enjoyed watching you play."**