

COMMUNICATION YOU SHOULD EXPECT FROM YOUR COACH

1. Philosophy of the coach.
2. Expectations the coach has for you as well as all players on the squad.
3. Location and times of all practices.
4. Team requirements, i.e., fees, special equipment, training rules, lettering requirements.
5. Discipline that results in the denial of your participation.

COMMUNICATION COACHES EXPECT FROM ATHLETES.

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.

As you become involved in the programs at Arlington High School, you will experience some of the most rewarding moments of your life. It is important to understand that there may also be times when things do not go the way you would like them to. At these times appropriate discussions with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES.

1. Your treatment, mentally, and physically.
2. Ways to help you improve.
3. Concerns about your lack of progress.
4. Reasons for being disciplined.

It is very difficult to accept not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be the best for all students involved with the information they have. As you have seen from the list above, certain things can be and should be discussed with your coach. Other things, such as those on the following page, should be left to the discretion of the coach.



ALWAYS PRACTICE GOOD SPORTSMANSHIP!

ISSUES NOT APPROPRIATE TO DISCUSS

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes

There are situations that may require a conference between the coach and the athlete and/or the parents of the athlete. These are to be encouraged. After practice would be a good time for the athlete to ask the coach for a time that is convenient for the athlete and the coach to meet. It is important that both parties involved have a clear understanding of the others position. When the conferences involve parents, the following procedure should be followed to help promote a resolution to the issue of concern.

If you have a concern to discuss with a coach and would also like your parents involved, the procedure you should follow

1. Call to set up an appointment at the school.
2. The Arlington School telephone number is 983-5598.
3. If the coach cannot be reached, talk to the Athletic Director. He can set up the meeting for you.
4. Please do not attempt to confront a coach after a contest or a practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote a resolution.

THE NEXT STEP

What can an athlete do if the meeting did not provide a satisfactory resolution?

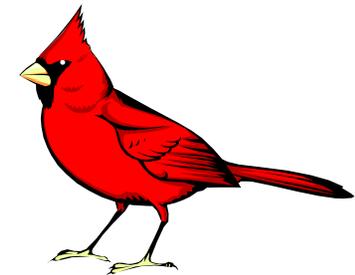
1. Call and set up an appointment with the Activities Director and the athlete's parents to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance of success during adulthood, these programs have been established. Many of the character traits required to be successful participants are exactly those that will promote a successful life after high school. Desirable traits such as being on time, working hard, carrying out your job, working as a team, and being a good sport are all expected outcomes of participation. We hope the information provided within this pamphlet makes your experience with the Arlington Cardinal Athletic programs less stressful and more enjoyable for all.



Please be a good sport at all times and represent our school and community in a positive way!

Both being an athlete and coaching are extremely difficult commitments that both parties have chosen. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to the team. As an athlete when you become involved in Cardinal programs, you have the right to understand what expectations are placed on you. This begins with clear communication from the coach of your sport.



**ARLINGTON CARDINAL
ATHLETE & COACH RELATIONS**