



How can parents help their athlete communicate with their coach?

How should parents communicate with their kids about their coaches and how do parents communicate with coaches?

Athlete complaints

When an athlete has complaints about another athlete or their coach, it is important that parents lend a listening ear and support with a non-judgmental stance. There are two sides to every story. A parent should ask questions and reflect what their student athlete is saying.

Parents might need to resist the urge to rush in and solve problems for the athlete. Young people need to learn effective ways to handle conflict and resolve their own problems. Parents can offer guidance by allowing the athlete to vent their emotions, helping them organize their thoughts and helping to plan how to address the situation.



Approaching a coach

There may be times when an athlete does not take instruction well from a certain coaching style. When a parent feels the need to approach a coach about their communication style with their child, it is important to remember that a meeting with a coach should be deliberate and intentional. A parent should keep in mind that their interactions with the coach may impact the coach's relationship with their child.

Always acknowledge that your feedback might not be what a coach wants to hear, and express appreciation for the coach's work with student athletes.

Parents should keep an open mind and understand clearly what is upsetting or confusing their child before approaching a coach.





Facilitating student-athlete and coach relationships

Sometimes it is hard to determine whether a coach's personality and actions are harming an athlete's performance and growth. Below are some tips on how to listen to what the athlete might be trying to say when they express negative feelings towards a coach.

Athlete frustration

Keeping your student in touch with how they're feeling plays an important part in their relationship with their coach. Keep in mind, sometimes a student athlete just wants to be heard and no further action is required. Here are some questions that can help your child express and understand their feelings.

- How does it feel when the coach yells at you?
- What do you think the coach wanted you to know?
- Do you want to do anything about this?



Other parents

No one wants to be the parent who is asked to leave by a referee. It is easy to get caught up in the action and excitement of a sporting event. As a parent, it is important to keep hurtful and intrusive opinions and thoughts to yourself while your child is playing. In addition, if you see another parent getting worked up, you can choose to ignore their words, or remind them politely that they are disrupting other attendees, however, speaking to a disruptive parent is never your responsibility and sometimes increases the disruption instead of resolving it.