Parent Meeting 2017 (Nov. 21, 2017)

1. Introduce Coaching Staff – Give a little background

-Shane Wichers: Varsity

-Dennis Anderson: JV

-Erika VanDyken: Varsity Assistant

2. Introduce Players

-Name, Grade, introduce your parents

3. Coaching Philosophy

- Benefits to playing basketball at Nooksack

- Learn the value of hard work, teamwork, persistence, sacrifice, perseverance.

- Teaching to the physical, mind, and heart

- Fundamentals are important to me along with learning how to positively contribute to a team.

- Typical practice 2:30 hours daily with some Saturdays – warm-up, fundamentals (passing, dribble, shoot), position work, breakdown offense and defense skills, 5 on 5 games toward the end.

- Season runs through February if we make it to State.

- Playing time decided in practice, previous games, skills, attitude, time and circumstance, positions, who is hot, matchups

- Guards: Defend, TCOB, Score

- Posts: Defend, Rebound, Score

4. Core Covenants – Show them and pass them out to parents… Briefly discuss.

5. Handbook/Schedule

- Up to date with schedule and rules, look there if you have questions. Also check NWCathletics.com

A. Absence: Unexcused loss of playing time

Excused: Sick, family emergency, doctor: Your daughter needs to call the school and leave a message or call their coach… The sooner the better.

B. Phone Tree: If a problem, information will go out in the phone tree.

C. Varsity riding bus home after all away games, unless family business.

JV – Sign out

6. Playing time

JV- Everyone plays but not even (Don’t think of swinging as demotion…)

Varsity- No guarantee of playing time

We also want you to know what that rosters are not set in cement. It is possible that we need to move players. Attitude, Effort, great performance on teams…

7. Problems:

Question 1: Is this problem for my daughter or for me?

Question 2: Has your daughter talked to the coach?

Question 3: Is this still a problem for my daughter?

If yes, then you can make an appointment with your daughter to meet with the coach, or coaches and AD.

- If you and your daughter would like to meet with the coach, please make an appointment and give an idea about the reason for the meeting. Never talk with a coach before or after a game as everyone’s too emotional.

1. Never will discuss playing time! Not up for discussion

2. Never will discuss another player or players on the team

3. Never will discuss strategy and/or tactics

4. Do discuss ways their daughter can get better

8. How can I help my daughter?

A. Don’t compare your daughter to someone else on the team

B. Don’t jump in and fight all of your daughter’s battles… Let her problem solve the situation, give her advice….

C. Encourage hard work, togetherness, giving your all to something bigger than yourself.

D. Don’t talk bad your daughter’s teammates/coaches in her presence.

E. The Internet (Facebook, Twitter, and Blogs) are not the place to air your frustrations about the team, coach or any issue.

G. 5 words to alleviate problems…. “I love watching you play.”

Bruce Brown said "red flags" that a parent is too involved are:

1) Parents who share the credit for their child's accomplishments; 2) Parents who continue to coach after the athlete knows more about the sport than the parent; 3) An athlete who avoids a parent after a game; 4) When the game's outcome means more to a parent than to the athlete; 5) Parents who try to solve problems best left to the team and players.

Brown encourages parents to ask their daughters these questions before a season starts: 1) Why are you playing? 2) What is a successful season? 3) What goals do you have? 4) What do you think your role will be on the team?

He encourages parents to ask themselves the same questions, plus this one: "What do you as a parent hope they gain from the experience?"

9. Study Table

- If your daughter is failing a class they will need to show up for study table Tuesday – Friday at 6:30. If they miss without a valid reason then they would miss the next contest. If they are failing two or more classes they will not be able to play until they are only failing 1 class. When they are passing they need to ask their teacher to either send Mr. Harmon an email stating they are passing or get a printed progress report and have it signed by the teacher and give it to Mr. Harmon

10. Safety

A. Head injury- When in doubt, we will sit them out. They can’t return to play until they are cleared by a medical professional. It doesn’t matter what you think or say. We will give you a form to take with you to have the doctor sign off on.

B. Inherent Risk- Jammed fingers, wrists, shoulder, ankle, knee, concussion, and possibility of death.

-ACL: Girls are 7-8 times more likely to have knee injuries. We do some knee strengthening activities at different times of the season.

-Ankles: We will tape for games and a couple days after sprains, but we don’t have the resources to tape everyday. So if you want your daughter taped for longer than that you buy the tape or get an ankle brace.

11. Parents Role

A. Choose one role to play: Coach, ref, or parent…… You can’t play two roles

- Your daughter needs a parent – they already have lots of coaches, but they only have 1 mom and 1 dad.

B. If you are coaching from the stands you are sending your daughter mixed message. They are going to listen to you but unfortunately that could hurt the team and result in your daughter actually playing less.

\*\*\* As bad as you think the officials are calling the game or something you think is wrong or not be done correctly at the score table it does not give you the right to yell at, approach, mock, embarrass, or intimidate any of these people. We need to assume good intent and if you perceive there is a problem there come and talk to one of my assistant coaches during halftime. **EMPHASIZE this point**

C. Ask your daughter what she wants out of this season, what her goals are?

D. Try to remember it is about her, it is her career, you had your chance. Help your daughter to see the importance of working on a team and being a part of the whole.

12. Concession stand…

- Varsity parents work during JV games and JV parents work during Varsity games.

13. Thanks for attending.

How can I help my daughter this basketball season?

A. Don’t compare your daughter to someone else on the team… Comparison is the thief of joy.

B. Don’t jump in and fight all of your daughter’s battles… Let her problem solve the situation, give her advice….

C. Encourage hard work, togetherness, giving your all to something bigger than yourself.

D. Encourage to be a star in her role on the team

E. Don’t talk bad about your daughter’s teammates/coaches in her presence.

F. The Internet (Facebook, Twitter, and Blogs) are not the place to air your frustrations about the team, coach or any issue.

G. Five words to alleviate problems…. “I love watching you play.”

Bruce Brown of Proactive Coaching has said "red flags" that a parent is too involved are:

1. Parents who share the credit for their child's accomplishments
   1. It’s your daughter’s career, you already had yours. Her career isn’t your career.
2. Parents who continue to coach their child from the stands during games.
   1. Release your child to take instruction from her coach. Support, encourage, and yell positives all night, but leave the instruction to the coach.
3. An athlete who avoids a parent after a game or doesn’t want to ride home with them.
   1. Let your daughter bring up the game if she wants and when she wants. You just listen and encourage her.
4. When the game's outcome means more to a parent than to the athlete
   1. Keep perspective, this is what we do, not who we are.
5. Parents who try to solve problems best left to the team and players.
   1. Encourage your daughter to talk with her coach or teammates.

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2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

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