



MOUNTAINVIEW LADY LIONS SOCCER PARENT EXPECTATIONS

COMMUNICATING WITH COACHES

Insist that your daughter try to work out soccer-related issues directly with her coach before enlisting your direct assistance. Learning to deal with authority figures is one of the supreme benefits of participation in organized sports. Our young ladies need to be their own advocate.

Discuss all concerns with the soccer coaching staff first before contacting the school's Athletic Director or administrators.

24-HOUR RULE

If you are concerned about a Soccer-related issue that requires you to speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of matches, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions.

SPORTSMANSHIP

All parents (and players) are expected to demonstrate the highest level of sportsmanship while representing Mountainview Soccer. Please cheer for our team's efforts and successes and be respectful to the Referees and opponents.

While at the field, keep all comments positive—remember, you are sitting among parents from the other school. Please do not compare the skill or attitude of your daughter out loud with other members of the team.

Referees are off-limits for parents. Refrain from yelling at the Referees—before, during and after the games—no matter what the perceived error or injustice. **Mountainview's coaches believe players must learn to perform under adversity, and to not waste emotion or effort on things not within their control.** Please help us model this thought process by getting past the injustice and cheering for the next positive play.

Take the time to learn more about the rules of soccer and strategy. What sometimes seems like a blown call or a poor coaching decision often looks much different if you have a more detailed appreciation for the nuances of this sometimes-complicated sport.

PLAYING TIME

For coaches, delegating playing time is a zero-sum exercise: the decision to give one player more time on the field means another player will get less. As such, all good coaches know that with each decision, however well-considered, comes the likelihood that someone will be disappointed.

Strong teams have strong benches. Players who keep focused on the game while not on the field greatly increase their chances of success once they enter the game. Spirited bench players almost always infect their teammates with optimism and extra energy.

Lineup decisions are primarily the result of careful consideration about our own team's chemistry, and our opponent's strengths and weaknesses. Playing time is earned by hard work, proven performance and an occasional hunch. Coaches take a season-long view about each player's time on the field.

Parents should resist measuring their daughter's soccer experience solely by the amount of his playing time. We strive to inject each player with a love for the sport, teaching them to value the opportunity to be strong and confident, whether in practice or a game.

FINAL THOUGHTS

1. **Let our staff coach:** Leave the coaching to the coaches. This includes: skill instruction, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your daughter to our coaching staff and they need to be free to do their job. If a player has too many coaches, it can be confusing for them and their performance usually declines.

2. **Support the program:** Get involved. Volunteer. Help out with fundraisers; anything to support the program.

3. **Be your daughter's biggest fan:** Support your daughter unconditionally. When she performs at her best, help contribute to her self-esteem and confidence. If she struggles, that's when she needs you the most. Questions or concerns you may have about decisions being made by the coaching staff may occur, but verbal negativity and second-guessing during games or at home can take its toll on the program. Please support her involvement in our program.

4. **Support and root for all players on the team:** Foster teamwork. Your daughter's teammates are not the enemy. Focus on the program as a whole and encourage her to be supportive of teammates.

5. **Monitor your daughter's stress level, eating and sleeping habits at home:** Keep an eye on your daughter to make sure that she is handling stress effectively from the various activities in his life. Be sure your daughter is eating the proper foods & getting adequate rest.

7. **Keep Soccer in its proper perspective:** Soccer should not be larger than life for you. Remember your relationship will continue with your daughters long after their competitive soccer days are completed. Keep your goals and needs separate from your daughter's experience. After all, this is, and always will be, just a game.

8. **Have fun:** That is what we will be trying to do! We will try to challenge your daughters to reach past their "comfort level" and improve themselves as a player, and thus, as a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!

**I HAVE READ AND UNDERSTAND WHAT IS EXPECTED OF ME AS A PARENT IN THE
AUBURN MOUNTAINVIEW SOCCER PROGRAM.**

PLEASE SIGN AND RETURN THE SECOND COPY



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PLEASE SIGN AND RETURN THE THIS COPY TO YOUR DAUGHTER'S COACH

Player's Name (print) _____

Parent(s) (print) _____ Signature _____ Dated _____

SIGN THIS COPY AND TURN IN