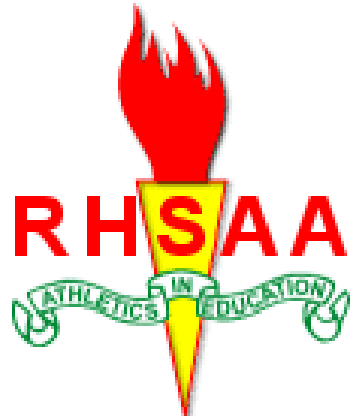


# Student Athletes and Sport

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WELCOME!

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# REGINA HIGH SCHOOL ATHLETIC ASSOCIATION

## EDUCATION THROUGH SPORT

- Teamwork
- Discipline
- Responsibility
- Respect
- Sportsmanship
- Problem Solving
- Effort
- Healthy Lifestyle
- Leadership
- Communication



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# THE ROLE OF THE COACH

- Support the educational values of the sport
  - Provide skill instruction
  - Manage the program
  - Treat each player with respect
  - Treat opposing coaches, participants and fans with respect
  - Develop and enforce consequences for team rules
  - Model sportsmanship
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# THE ROLE OF THE PLAYERS

- To develop greater athletic skills
  - To work with teammates and coaches in a positive way
  - To develop problem solving skills
  - To work towards individual and team goals
  - To exhibit good sportsmanship
  - To respect team rules
  - To model a healthy lifestyle
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# THE ROLE OF THE PARENT

- Model sportsmanship
  - Support the goals of your child
  - Support the goals of the team
  - Support the decisions of the coach
  - Encourage your child to do his/her best
  - Value the educational opportunities of high school athletics
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Ask yourself the following questions and then ask your child the same questions.

- Why is my child playing this sport?
  - What are my goals for my child?
  - What would a successful season look like?
  - What is my child's role on this team?
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# Compare with Child's Answers

Note the similarities and differences.

- If your answers are different than your child's you may need to adjust your expectations and goals and adopt his/hers
  - One of the most important things parents can do for their child is to “RELEASE THEM TO THE GAME”
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# Releasing Your Child to the Game

You play  
a key role  
in your child's success!

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# Releasing Your Child to the Game

Be involved by:

- Encouraging your child to discuss perceived problems privately with the coach
  - Teaching your child how to speak positively with an authority figure (coach or assistant coach)
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# Releasing Your Child to the Game

Be involved by:

- Providing positive encouragement for your child and all teammates during the game.
  - Focusing on the team and the team's goals and less on your child's performance.
  - Understanding that your child might need time and space after a game.
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# REMEMBER

- The athlete may not always show it but he/she appreciates the time and efforts of the coach and the support and encouragement of the parents
  - In our efforts to support our schools' young athletes it is important that we communicate positively throughout the season.
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# COMMUNICATION

We will provide

- practice and game schedules
  - transportation arrangements
  - team rules and expectations
  - season expenses.
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# COMMUNICATION

- Parents will need to provide information regarding scheduling conflicts, illness, health issues and concerns.
  - Occasionally a parent may feel the need to approach a coach with a concern. We feel that even in these circumstances such discussions can happen positively. (This may require the “24 hour rule”)
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# THANK YOU

- For being our #1 fans
  - For attending our games
  - For your support and encouragement
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