

HIGH POINT REGIONAL HIGH SCHOOL
GUIDELINES AND INFORMATION

FOR THE

PARENTS

of

HIGH POINT
ATHLETES



EDUCATION
IT'S IN YOUR HANDS

A LETTER TO PARENTS

The role of the parent, in the education of a youngster, is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through athletic activities.

A student's involvement in the classroom, and other activities, contribute to the development of a value system, which has been established in the home. Integrity, fairness and respect are lifetime values taught through athletics. You can have a major influence on your child's attitude about academics and athletics. The leadership role you assume in sportsmanship will influence your child for years to come. We look forward to serving you in the years ahead, and appreciate your continued support.

INTRODUCTION

The lessons for our youngsters do not end with the final bell of the day, if they're involved in athletics. The learning experience that comes from participation, in athletics, promotes lifetime values that cannot always be learned in the classroom. Integrity, fairness and respect are lifetime values taught through athletic activity. These are principles of good sportsmanship. With them, the spirit of competition thrives, fueled by the honest rivalry, courteous relationships, and graceful acceptance of the results. Working to that end, we have joined the NJSIAA in support of a program called, "Sportsmanship: The Only Missing Piece is you!" This program is designed to instill positive behavior in our school and to reinforce sportsmanship as one of the values taught through athletics. Your support of this program is essential as part of our educational mission. Your ability to be a good sport will put you in a leadership role in your home and community. As with any project undertaken in life you should have goals for good sportsmanship. A good student athlete, parent or booster is a true leader in the community. As a member of our school community your sportsmanship goals should include:

- To realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score a contest.
- To encourage our students to perform their best, just as you would urge them on with their classwork.
- To participate in positive cheers that encourage your child and to discourage any cheers that would redirect that focus including those that taunt and intimidate opponents, their fans and officials.
- To learn and understand the rules of the contest, and to respect the officials who administer them.
- To respect the task our coaches face as teachers, and support them as they strive to educate our youth.
- To respect our opponents as students, and to acknowledge their efforts.
- To develop a sense of dignity under all circumstances.
- To be a fan...not a fanatic!

You can be part of the message that interscholastic activities have an impact that lasts a lifetime. Unlike sporting events on the professional level, our primary goal is not to entertain but to promote positive values through healthy competition.

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child becomes involved in our program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach.
- Expectations and goals the coach has for your child and team.
- Location and times of all practices and contests.
- Team requirements such as: special equipment, strength and conditioning programs.
- Procedure should your child be injured during participation.
- Team rules and guidelines and consequences for infractions.
- Lettering criteria.

COMMUNICATIONS COACHES EXPECT FROM ATHLETES/PARENTS

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts, in advance.
- Notification of illness or injury, as soon as possible.

As your child becomes involved in the athletic programs at High Point Regional High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the above list, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes.
- Selection of captains.
- Practice organization.

There are situations that may require a conference between the coach and player, or the coach and a parent. These are to be encouraged. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

Call the Director of Athletics to set up a meeting with the coach. The High Point Regional High School's phone number is 973-875-3101. Please do not attempt to confront a coach before or after a contest or practice. These times can be emotional for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

PARENTS CODE OF CONDUCT

- Make sure your child understands that win or lose, you love them.
- Be realistic about your child's physical ability.
- Help your child set realistic goals.
- Emphasize "improved" performance, not winning.
- Do not relive your own athletic past through your child.
- Provide a safe environment for training and competition.
- Control your emotions at games and events.
- Be a "cheerleader" for your child AND other players on the team.
- Respect your child's coaches. Communicate with them in a positive way.
- Be a positive role model.
- Never communicate with officials.
- Never approach a coach or athlete during a contest or coach your child from the stands.
- Never enter the field of competition.

Be sensible and responsible, and keep your priorities in order. There is much more at stake than a win/loss record.