

PARENT/COACH HANDBOOK



HAWTHORNE HIGH SCHOOL “HOME OF THE BEARS”

Department of Athletics

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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.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the coach
2. Expectations and goals the coach has for your child as well as for the team/season
3. Locations and times of all practices and contests
4. Team requirements, special equipment, strength and conditioning programs
5. Procedure should your child be injured during participation
6. Team rules and guidelines and consequences for infractions
7. Lettering criteria

COMMUNICATION THAT COACHES EXPECT FROM ATHLETES/PARENTS:

1. Academic or attendance issues that the student may be having in school
2. Concerns expressed directly to the coach
3. Notification of any schedule conflicts in advance
4. Notification of illness or injury as soon as possible

As your child becomes involved in the athletic program at Hawthorne High School, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you and your child may wish. At these times, discussion with the coach is encouraged. It is the first and most important step toward understanding and resolution. Student-Athletes are encouraged to always speak with their coaches with any concerns they may have regarding their participation in their sport

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. Academic or attendance concerns with school
2. The treatment of your child
3. Ways to help your child improve
4. Concerns about your child's behavior

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. *Playing Time
2. Team Strategy
3. Play Calling
4. Practice Organization
5. Other Student-Athletes
6. Selection of Captains

*We encourage our Student-Athletes to speak with their coaches regarding playing time.

There are situations that may require a conference between the coach and player, or coach and 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 procedures should be followed to help promote resolution to the issue of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, PLEASE USE THE FOLLOWING PROCEDURE:

1. Call or [email](#) the coach to set up an appointment.
2. The Hawthorne High School phone number is 973-423-6415 and email can be found on the [website](#).
3. If the coach cannot be reached, call the Athletic Director. He will set up the meeting for you.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolution. Please take 24 hours after an event to follow up with a coach.

THE NEXT STEP: WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?

Call and set up an appointment with the Athletic Director to discuss the situation. At this meeting, the appropriate next step can be determined.

PARENT CODE OF CONDUCT

1. Make sure that your child understands that win or lose, you love him/her.
2. Help your child set realistic goals.
3. Reiterate that they are STUDENTS first and that their attendance and academics play a pivotal role in their success.
4. Emphasize "improved" performance, not winning.
5. Don't relive your own athletic past through your child.
6. Control your emotions at games and events.
7. Be a "cheerleader" for your child AND other children on the team.
8. Respect your child's coaches and communicate with them in a positive way.
9. Be a positive role model.
10. Please refrain from attempting to coach your child from the stands.
11. Never communicate with the officials.
12. Never approach a coach or athlete during a contest.
13. Never enter the field of competition.

We are all in this together, and TOGETHER we can make this a positive and memorable year for everyone involved!

Once a Bear, Always a Bear!

