How can I work with coaches to ensure my child has the best experience?

The child-parent-coach triad can be very powerful; each person will contribute to helping a child grow as a person, become a better athlete, and overcome challenges. But, it is not always easy to maintain positive relationships. By understanding each others’ priorities a lot of frustrations can be avoided and everyone can have a better experience!

How to strengthen the relationship you have with your child’s coach

- Understand and anticipate the behaviours that may frustrate the coach (and vice versa). Try and avoid such behaviours or talk to each other about why they may be present.
- Get to know each other: Talk after training, go to parent meetings, volunteer at the club
- Learn about the coach’s philosophy and how they will approach your child’s training and competitions. Support this philosophy or, if it is not right for your child, consider alternatives.
- Respect the coach’s private time and the time she/he needs for training. Try to talk at an agreed moment
- Talk about your problems and frustrations early and try to understand the coach’s perspective.
- Learn about your child’s sport and the rules of the club/organisation
- Show respect for, and trust, your child’s coach

Based on: