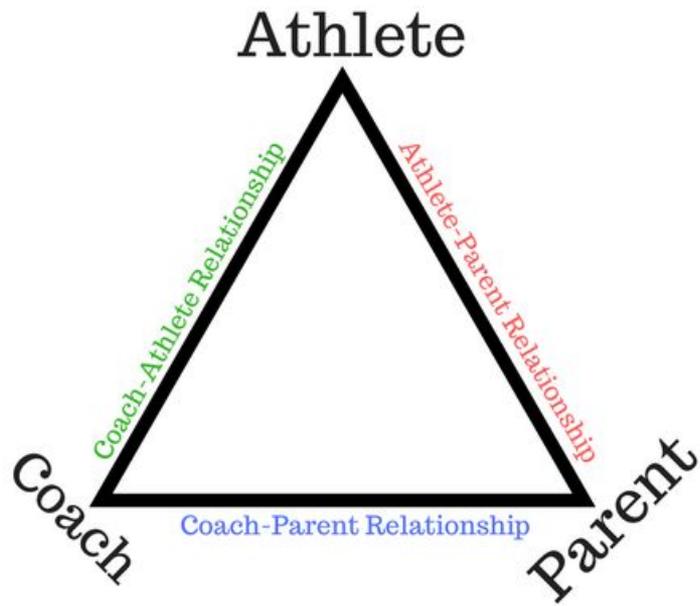


Student-Athlete Parent Expectations



"It's a computerized soccer game. The object is to get your kids to all the practices and games and still find time for a life."

How I Can Help My Child's Athletic Experience

1. Allow your child to perform and progress at a level consistent with their ability. Athletes mature at different ages and some are more gifted than others.
2. Teach your child to enjoy the thrill of competition and that improving skills and attitude are important.
3. Don't relive your athletic life through your child. It creates added pressure that your child does not need. This is your child's experience, let them enjoy it.
4. Don't compete with the coach . Keep in mind that they are balancing the development of your child with the growth and progress of an entire athletic team. Often coaches have many considerations that are not obvious to parents.

Continued...



5. Remember, young athletes tend to exaggerate when being praised and/or criticized. Temper your reaction until you investigate.
6. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends that may have been outstanding athletes.
7. Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance athletic performance.

Getting Ready for the Meet

1. Cheer for our team and lifters. Opponents and judges deserve respect. Realize that lifters and judges will make mistakes. Your support is needed when things aren't going well.
2. Attempting to communicate with coaches, lifters, or judges during a meet only creates tension and is not acceptable. Be a respectful spectator
3. Conduct that draws unwanted attention to oneself usually leads to embarrassment for your child. Please keep their well-being in mind.



How Do I Communicate The Right Way

Coaches have the authority over who becomes a participant of the team and when a participant of the team is removed. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. It is a privilege, not a right, to be a member of an athletic team.

Appropriate concerns to discuss with coaches

1. Situations involving your child
2. Ways to help your child improve
3. Your child's attitude, work ethic, and eligibility
4. Concerns about your child's behavior

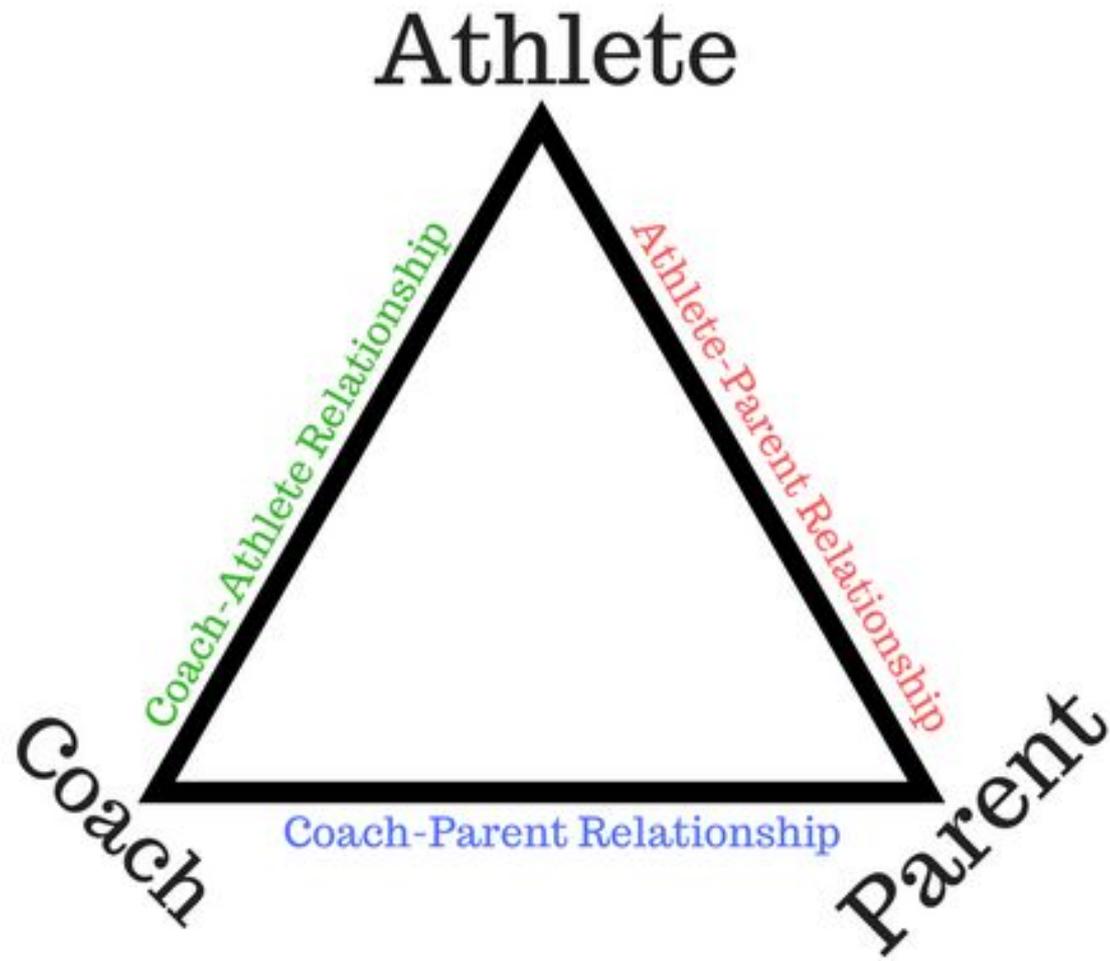


Issues that are not appropriate to discuss with coaches

- Practice Organization
- Team Strategy
- Other Student Athletes

Procedures to follow if there is a concern to discuss with a coach

1. Your child should speak to the coach about an issue , before you intervene. This will help our student athletes grow into young adults.
2. Contact the coach to set up an appointment. Give a brief summary of what you want to discuss. This enables a coach to prepare to give you the best possible answers to your questions. If the coach cannot be reached, contact the athletic director. The athletic director will assist you in arranging a meeting.
3. If a meeting with a coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation.



RFHS Activities Code/Handbook

<https://drive.google.com/file/d/0B9OfnIUisS2RUxMeWp0a2ISTVZxNzd6blBoUmg2ZjILSnkw/view?usp=sharing>

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My Mission

My mission is to positively affect the world by helping its future citizens understand their place in it. I will build positive relationships with my students and empower them to be active, knowledgeable, and informed citizens.

MR. CARLSON