



# Athletic Handbook

THE COLORADO SPRINGS SCHOOL

21 Broadmoor Avenue, Colorado Springs, CO 80906

Telephone (719) 475-9747 | [www.css.org](http://www.css.org)



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Dear Athletes, Parents, and Coaches:

Welcome to Kodiak Athletics at The Colorado Springs School, a place where young people are encouraged to reach their potential both on the playing fields and in the classroom. Participation in sports offers unique opportunities for personal growth in character, leadership, and improved overall mental and physical fitness. ***Our athletes prepare, plan, and play to win, but winning is not our sole purpose.*** Our ultimate goal is to ensure that the athletes have a positive experience while implementing challenges to help them to reach their fullest potential.

This Athletics Handbook will provide guidelines, philosophies, expectations, and general information for athletes, parents, and coaches on all levels. The Kodiak athletic program is successful due to dedicated athletes, supportive parents and faculty, and committed coaches who are instrumental in the development of our young people. When these three tenets work together, potential is fulfilled and the experience is rewarding for all involved.

CSS is a member of the Colorado High School Activities Association (CHSAA), and our competitive athletics are governed by the following organizations and conferences. For high school sports we compete in both the 2A Black Forest League (BFL) or 3A Tri-Peaks League (TPL), depending on the sport. Middle school teams compete in the Black Forest League for basketball and volleyball while soccer and cross country teams compete in the Central Collegiate Athletic League (CCAL).

If you have any questions or comments, please feel free to call (719) 434-3580 or email me at [vaughan@css.org](mailto:vaughan@css.org).

Go Kodiaks,

Vicki Vaughan, Director of Athletics

### **Upper School Athletic Program Philosophy**

Athletic involvement helps young people to develop emotionally, mentally, and physically and is instrumental in their future pathways. The Upper School program fosters involvement and enjoyment of interscholastic competition. The various US sports emphasize development of high-level skills and strategies, teamwork, leadership, sportsmanship, accountability, and school spirit. These programs seek to motivate and challenge athletes, while at the same time, balancing these risks with support, encouragement, a sense of belonging, and individual and team accomplishments. At the junior varsity level, risk taking is lesser with an emphasis placed on participation and development of fundamentals. At the varsity level, the risks are higher with more emphasis placed on winning while maintaining program integrity.

CSS is a member of the Colorado High School Activities Association (CHSAA), and our competitive athletics are governed by the following organizations and conferences. Our high school sports compete in both the 2A Black Forest League (BFL) or 3A Tri-Peaks League (TPL), depending on the sport. In order to fulfill US credit requirements, students must fully participate in two school activities per year. Athletics can fill this requirement with a .5 credit per sport season, with the maximum credits to be earned at 1.5 for those athletes who compete in all three seasons (fall, winter, and spring).

### **Middle School Athletic Program Philosophy**

Athletic involvement helps young people to develop emotionally, mentally, and physically and is instrumental in their future pathways. The Middle School program mostly emphasizes skill development, fundamentals, and movement with competitive, participatory interscholastic contests. All MS athletes, over the course of a season, will be given opportunities to take risks and perform in contests. Not only is sportsmanship, enjoyment of the sport, teamwork, development of leadership skills, and responsibility emphasized, but also the development of the athlete to compete successfully at the US level. The “B” team level emphasizes participation and development of fundamentals. At the “A” team level, more emphasis is placed on winning, while maintaining program integrity as the essential priority.

CSS middle school programs primarily compete in the Black Forest League (volleyball and basketball), and the Central Colorado Athletic League (CCAL) for soccer and cross country. Mountain biking is also offered but does not compete until 9th grade. MS students are encouraged to participate in at least one CSS sport per school year; however, a student can petition for an exemption from the MS athletics requirement for sports not offered at CSS (ex. gymnastics, ice skating, horseback riding, or tennis) and should contact the Director of Athletics to obtain a waiver form. In addition to athletics, MS students are invited to participate in other activities, such as Matchwits, Chess Club, or Robotics. These are additional options but do NOT fulfill the sport requirement.

### **Children’s School Athletic Program Philosophy**

Competitive athletics for CSS students is currently limited to a fall and spring season with the [Landsharks Running Club](#), as well as the Kodiak Kickers soccer development program that will be supported by CSS Athletics.

### **Requirements for Participation of all Athletes**

1. A student **must** have on file a current physical examination issued by a licensed practitioner. Note that physical exams are only eligible for one year.
2. A parent **must** sign a “Liability Release for Curricular and Extracurricular Activities” form which can be found on Renweb>Web Forms>Required Forms and Releases.
3. A parent **must** sign a “Release for Medical Care” form which can also be found on Renweb>Web Forms>Required Forms and Releases.

### **Interscholastic Sports**

Presently, the athletic program provides opportunities for students to participate at various levels of competition in the following sports:

<b>Upper School</b>	<b>Upper School</b>	<b>Upper School</b>
<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
Boys' & Girls' Cross Country	Boys' & Girls' Basketball	Boys' Lacrosse
Boys' Soccer		Boys' Volleyball
Boys' Tennis		Girls' Soccer
Boys' & Girls' Mtn. Biking		Girls' Tennis
Girls' Volleyball		
<b>Middle School</b>	<b>Middle School</b>	<b>Middle School</b>
Boys' & Girls' Cross Country	Boys' & Girls' Basketball	Boys' Lacrosse
Boys' Soccer		Girls' Soccer
Boys' & Girls' Mtn. Biking		Boys' & Girls' Mtn. Biking
Girls' Volleyball		Club Tennis @ CCOC

### **The Colorado Springs Upper School Guidelines for Athletics**

1. Practices are normally from 3:30-5:30 unless there is a conflict with practice facilities or transportation is required, in which case a later practice is necessary.
2. An athlete must be currently enrolled in the equivalent of five 45-minute classes. A class of one hour and thirty minutes in length is equivalent to two classes. One of those classes may also be the sport they are participating in that season at CSS.
3. If an athlete is failing one class, or has two D's at the time of the CHSAA required weekly grade check, he/she will be allowed to practice with the team, but would not be eligible to compete in any contests until the grades show improvement on a future weekly check.
4. Athletes must abide by the rules presented in the CSS Athletic Handbook or face disciplinary action determined by the administration or coaches which could result in a suspension or dismissal from the team or school. Further, the dress code for athletes must be observed.
5. An athlete is expected to be at all practices and games unless he/she has arranged the absence (for academic, medical, or familial reasons) with the coach 24 hours ahead of time. At the discretion of the coaching staff, a missed practice may result in loss of playing time during games or no playing time at all in a game. In order to receive credit for a sport, an athlete must attend at a minimum of 50% of the practices.
6. An athlete may ride home with his/her parents after an "AWAY" game. A student must let the coach know of the travel arrangements.
7. Athletes will receive a .5 credit for each sport season completed during the school year, and each student must earn at least 1 full credit through athletics or other school activity, such as theater, per school year. Those athletes who participate in all 3 sports seasons (fall, winter, and spring) will earn 1.5 credits per year. A dual-sport athlete during the same season will only earn .5 credit per season.

Four Athletics / Activity Credits, one per school year, and preferably a half credit each semester are required to graduate from CSS. The school provides a variety of options to achieve these credits:

1. Team sport participation for 0.5 credits each season
2. Participation in a theater production for 0.5 credits each season
3. Participation in an established community service program with a minimum of 100 hours of participation for 0.5 credits. (This is in addition to the regular community service requirement.)\*
4. Participation in a school-approved community-based music, dance, or athletic activity with 0.5 credits for each 100 hours of successful participation\*
5. Participation in a school-approved position as a team manager of a CSS athletic team that requires at least 100 hours of help at practices and games
6. Full involvement in Model United Nations, including participation in more than half of the meets, will be rewarded with 0.5 credits

*\*Options 3-5 above require an application and pre-approval from the Athletic Director and/or the Registrar.*

Only hours in which a professional coach or trainer is directly working with the student can be counted as part of the 100 required hours. A detailed time log and waiver for an Independent Course, verified by the coach/trainer, must be filed with the Registrar on or before the last day of the semester that credit is to be recorded. This is the sole responsibility of the student. Reminders will be given, and failure to meet this annual requirement will result in an "F" on the student's transcript. To compensate, extra credits must be earned in subsequent semesters.

### **The Colorado Springs Middle School Guidelines for Athletics**

1. Practices are held during the school day for 90 minutes following the academic school day from Monday through Friday, with one day a week (Wednesday) designated as an all-MS study hall and no practices.
2. If an athlete has failing grades, the parents will be informed of academic concerns through the Advisors, and the parents will determine whether it is best for their students to participate in games based on all the information made available.
3. Assigned academic Homework Hall after school takes precedence over practices and games.
4. An athlete is expected to be at all practices and games unless he/she has arranged

the absence (for academic, medical, or familial reasons) with the coach. An unexcused absence will result in loss of playing time.

5. An athlete may ride home with his/her parents after an "Away" game but must let the coach know about these transportation arrangements.

### **Team Parent Guidelines**

Each team of every sport will have a maximum of two TEAM PARENTS selected by the Athletic Director/Coach to assist that team's coach.

The responsibilities of the TEAM PARENT are as follows:

1. Coordinate drink/snack schedules for games and events.
2. Coordinate with the Head Coach about the end-of-season team celebration.
3. Coordinate with the Head Coach and Director of Athletics, any purchases of team sweats, warm ups, and shirts for the team. Apparel design must be approved by the Director of Athletics.

### **Responsibilities of the Kodiak Student-Athlete**

Being a member of The Colorado Springs School Athletic Program involves certain traditions and responsibilities that must be maintained. Building an athletic tradition that students, parents, and staff can be proud of takes hard work on the part of all involved parties over many years.

1. **Responsibilities to self:** The most important of these responsibilities is to broaden the self and develop strength of character. There are many important character traits that can be developed through participation in athletics, and many life lessons to be learned as you compete. A Kodiak strives to gain the greatest possible outcome from the school experiences, whether in academics, other extracurricular activities, or through sports.
2. **Responsibilities to school:** Another responsibility involves representing the school in a positive manner whether on or off campus. Simply by playing hard and fair, a Kodiak positively enhances the reputation of CSS. Kodiaks often assume leadership roles among their teammates, student body, and even the larger community of peers, and the school's reputation can be positively or negatively impacted by the choices and actions of one athlete. As a Kodiak one understands how actions do impact others, and he or she strives for personal bests in all facets of life.
3. **Responsibilities to coaches:** A Kodiak understands that many extra hours of time and effort go into orchestrating an athletic team, and he or she is considerate and respectful of all coaches. Being timely to practices and games, directly communicating with coaches, and respecting property and equipment are all traits of a Kodiak.
4. **Responsibilities to teammates and others:** A Kodiak is respectful of teammates and

has an understanding that his or her actions impact the team. A Kodiak serves as a role model and mentor for the younger athletes on campus, understanding that actions speak louder than words. Being a Kodiak means standing up for a culture of kindness and fairness, respecting opponents and officials, and setting a good example for others to follow.

### **Student-Athlete Rules and Regulations**

Student athletes of CSS shall not possess, use, sell, give, or otherwise transmit, or be under the influence of any drug, or counterfeit drugs, the possession of which is prohibited by law. This includes narcotic or hallucinogenic drugs, alcohol, marijuana, amphetamines, steroids, cocaine or intoxicants of any kind. The use or possession of any tobacco product or vapes is also prohibited. This applies on or off campus at any time that a student-athlete is under an enrollment contract with The Colorado Springs School. CSS does not endorse the use of energy drinks, such as Monster, Red Bull, etc.

### **Kodiak Athlete's Code of Ethics**

***As an athlete, I understand that it is my responsibility to:***

1. Place academic achievement as the highest priority.
2. Display good sportsmanship and exhibit fair play on and off the playing field.
3. Make smart choices and refrain from using any chemical substances such as alcohol, tobacco, marijuana, vapes, and illegal drugs, or misusing over-the-counter or prescription drugs.
4. Represent CSS Athletics with class on and off the playing field, winning with pride and losing with dignity.
5. Respect self, coaches, teammates, opponents, and officials.
6. Refrain from the use of bullying tactics, profanity, vulgarity, or other offensive language or gestures.
7. Return all athletic equipment clean and on time. The athlete is held responsible for lost, stolen or damaged equipment. A replacement fee will be assessed for all items not returned to the Athletic Department.
8. Attend all scheduled practices and games. In the event of an emergency prohibiting attendance, I will communicate with my coach in the manner prescribed. I understand that failure to attend a practice may result in reduced game playing time.
9. Attend school for half a day as a requirement for participation in the game that same day.
10. Respect and keep the locker room and school property in order.
11. Make smart choices with social media outlets and properly conduct myself as a

representative of Kodiak Athletics.

12. Follow all school disciplinary rules as described in this Handbook.

### **Violation of Code of Ethics**

Students are subject to all school disciplinary rules as described in the Athletic Handbook. Athletes who violate these rules will meet with the Athletic Director and Head Coach for disciplinary action after any offense.

### **Grievance Policy**

When issues arise, the following can be contacted by the student or parent.

1. Coach
2. Director of Athletics
3. Director of the Division
4. Head of School

You are not required to directly confront any persons who are the source of your grievance or closely associated with the person who is the source of such grievance. Instead, you may utilize any of the other various avenues of internal complaint. You are required to make a reasonable effort to bring forward any grievances or concerns so that CSS may take prompt action to address the grievance or concerns, stop wrongdoing and prevent future occurrences.

CSS will make every effort to ensure that those named in a grievance, or are too closely associated with those involved in the grievance, will not be part of the investigative team or efforts.

CSS may utilize a neutral third-party investigator to address grievances or allegations of misconduct.

Please reference the U.S. Center for SafeSport at [www.safesport.org](http://www.safesport.org) for more information regarding the prevention, identification and resolution of misconduct in sport, such as sexual misconduct, bullying, emotional abuse, hazing, physical misconduct and harassment.

### **Kodiak Coaches' Code of Ethics**

Coaches are often the most important mentor in a young athlete's life, and the impact a coach makes can either be monumental or detrimental. Being a coach in today's world demands professionalism in all facets, and the personal growth and advancement of the student-athlete must be a priority.

The COACH must be aware that he/she has a tremendous influence, either good or bad, in the education of the student-athlete, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The COACH must constantly uphold the honor and dignity of the profession, CSS, and himself/herself. In all personal contact with the athletes, parents, officials, CSS staff and administrators, CHSAA, the media, and the public, the coach shall strive to set an example of the highest ethical conduct. Whenever approached by the media or public regarding a specific school or program incident, the coach should always defer to the Head of School.

The COACH shall take an active role in the prevention of drug, marijuana, alcohol, and tobacco abuse, including vapes, and should, under no circumstances, authorize or encourage their use.

The COACH shall promote and support the entire interscholastic program of the school and direct his/her program in harmony with the total school program.

The COACH shall be thoroughly acquainted with the game rules and is responsible for their interpretation to team members. The coach shall not try to seek an advantage by circumvention of the spirit of the rules.

The COACH shall actively use his/her influence to enhance sportsmanship by the players and spectators, closely working with the Athletic Director when necessary.

The COACH shall give support and respect to the contest officials, and shall not indulge in conduct that will incite players or spectators against officials.

The COACH shall, before and after contests, exchange respectful greetings and shake hands with the opposing coach.

### **Responsibilities of Head Coaches**

The HEAD COACH will communicate expectations of the program to assistant coaches, athletes, parents, and the Athletic Director.

The HEAD COACH will develop, build and maintain a quality program in the sport of which she/he is in charge.

The HEAD COACH is responsible for directing and evaluating assistant coaches in their duties and responsibilities.

The HEAD COACH is responsible for the instruction and development of the coaching skill levels for JV and MS coaches in order to ensure the continuity of a quality program.

The HEAD COACH will strive to professionally grow and develop by updating skills and techniques, and by attending clinics, camps, and professional workshops. Funding is generally available upon request.

The HEAD COACH will notify the Athletic Director of any situation or conflict that occurs that requires discipline on any level.

The HEAD COACH will provide appropriate information/stats to participating media outlets, including newspapers, MaxPreps, and CSS communications.

The HEAD COACH will play an active role in the recruiting process for any athlete who is both invested and qualified to play at the next level.

### **Protocol of US Coaching Staff**

#### **Pre-Season:**

1. Meet with the Director of Athletics and sign contract
2. Complete background check and business paperwork
3. Send Director of Athletics an updated coaching bio
4. Meet with team, coaching staff, and designated captains
5. Attend CSS coaches' meeting at the beginning of school year
6. Complete van driving test
7. Complete NFHS Concussion course
8. Complete NFHS Mental Health & Suicide Prevention course
9. Complete CHSAA coaching test (head coaches only)
10. Complete CPR & First Aid courses (every other year)
11. Complete Safe Schools Mandatory Reporting course (every other year)
12. Complete Safe Schools Blood Pathogens course
13. Hold an informative parents' meeting before the first game
  - a. introduce staff
  - b. discuss philosophy
  - c. distribute schedule/game calendars
  - d. assign a team parent
14. Submit team roster to Director of Athletics the first week of the season
15. Organize team practice gear orders with approved vendors
16. Distribute uniforms and record numbers/names

#### **Season:**

1. Organize practices that are engaging and motivational
2. Collaborate with yearbook staff to arrange a team photo
3. Determine team captains and review expectations
4. Recruit a team manager to assist with stats, practices, videotaping, etc.
5. Organize and manage game statistics

6. Report scores to media outlets (Maxpreps)
7. Regularly report final scores to Kodiaks website via the Varsity News Network app
8. Regularly correspond with team / parents
9. Safely transport players to games in school vans
10. Arrange player conferences at least once a season
11. Video tape games when available and distribute footage to team
12. Identify college prospects and assist with recruiting strategies
13. Oversee the physical health of an athlete when injured during your watch, and redirect to a physician when further care is warranted
14. Delegate a team parent to organize meals/snacks for away games
15. Keep equipment and practice spaces organized and clean

#### **Post-Season:**

1. Collect uniforms and complete inventory
2. Properly store all equipment
3. Compile season stats and distribute to team
4. Submit awards to Athletic Director one week prior to banquet
5. Arrange an end-of-season celebration within 2-3 weeks of season's end
6. Attend post-season conference meetings
7. Meet with Director of Athletics to review season and player surveys

#### **Protocol of MS Coaching Staff**

##### **Pre-Season:**

1. Meet with the Director of Athletics and sign contract
2. Complete background check and business paperwork
3. Send Director of Athletics an updated coaching bio
4. Meet with team, coaching staff, and designated captains
5. Attend CSS coaches' meeting at the beginning of school year
6. Complete van driving test
7. Complete NFHS Concussion course
8. Complete NFHS Mental Health & Suicide Prevention course
9. Complete CPR & First Aid courses (every two years)
10. Complete Safe Schools Mandatory Reporting course (every other year)
11. Complete Safe Schools Blood Pathogens course
12. Hold an informative parents' meeting before the first game
  - a. introduce staff
  - b. discuss philosophy
  - c. distribute schedule/game calendars
  - d. assign a team parent
13. Submit a team roster to Director of Athletics the first week of the season
14. Organize team practice gear orders with approved vendors
15. Distribute uniforms and record numbers/names

##### **Season:**

1. Organize practices that are engaging and motivational
2. Collaborate with yearbook staff to arrange a team photo
3. Determine team captains and review expectations
4. Regularly report final scores to Kodiaks website via the Varsity News Network app
5. Regularly correspond with team / parents
6. Safely transport players to games in school vans
7. Oversee the physical health of an athlete when injured during your watch, and redirect to a physician when further care is warranted.
8. Delegate with the team parent for organizing meals/snacks for away games

**Post-Season:**

1. Collect uniforms and complete inventory
2. Properly store all equipment
3. Submit awards to Director of Athletics one week prior to celebration
4. Arrange an end-of-season celebration
5. Meet with the Director of Athletics to review season

**Athletic Awards**

**Varsity Letter Requirements:** The varsity award letter shall be presented to an athlete who satisfies the recommended participation requirements as listed below, completes all team obligations (i.e. finishes the season in good standing), and receives the recommendation of the coach. (The coach may recommend to the Athletic Director a waiver of these requirements under unusual circumstances).

To earn a varsity letter, the Kodiak athlete needs to participate in at least 50% of varsity games, matches, or meets. This is measured on actual appearances rather than the amount of time played.

**First Year:** CSS Letter with specific pin signifying sport

**Second/Third/Fourth Year:** Gold service bar each year to add to the original pins

**Awards:** In order to simplify the process, both MS and US programs will follow this format for end-of-season awards.

1. Most Valuable Player
2. Most Improved Player
3. Coaches' Kodiak Award
4. Award at the discretion of the coach (if needed)

**Special Awards:** At the end of each school year, a female and male athlete will be chosen by the Director of Athletics, coaches, and faculty as the Athletes of the Year. Typically this is awarded to Kodiaks who participate in three sports for CSS, but not always. One Kodiak Scholar Award will go to a two or three-sport athlete with the highest

cumulative GPA who has competed for at least three years in their sport.

On some occasions, a Kodiak will distinguish him or herself from the others as an exceptional leader, role model, hard worker, and good sport with a positive attitude who gives back to the CSS athletic community. The Heart of the Kodiak will be selected and awarded during these timely occasions.

1. Female Athlete of the Year
2. Male Athlete of the Year
3. Kodiak Scholar Award (varsity athlete with highest GPA who has played at least 2 sports for CSS)
4. Heart of the Kodiak Award (occasional)

**Triple Threat Athletes** will be recognized in the Spring for both MS/US athletes who participate in sports for all 3 seasons (Fall, Winter, Spring), with two of those sports supporting Kodiak Athletics.

### **Captains' Expectations**

1. Captains will lead by example in practice. Captains will be the hardest workers in drills and games. Captains will also be punctual, prepared, and consistently present at practices.
2. Captains will be diligent in their academic work.
3. Captains will exhibit a high level of sportsmanship in practice and games.
4. Captains will be model citizens in the CSS community and beyond.
5. Captains will motivate their peers toward excellence.
6. Captains will be an extension of the coach in practice, at games, and in the classroom.
7. Captains will participate in conversations with the coaching staff about the needs of the team.

### **Suggestions for Developing Leadership**

1. Captains may lead daily warm-up and stretching routines.
2. Captains may run basic drills under the supervision of the coach.
3. Coaches may talk with captains about what it means to be a leader, how to motivate positively, and how to help set the tone for practices and contests.
4. Captains may help to plan and run team events outside of school.

These expectations and responsibilities can be modified by the coaching staff of the

various sports depending on the maturity of the players, their age, and the preferences of the coaches.

The coaches will hold the captains to a higher standard and will make their expectations clear from the first day of practice. Coaches will hold regular meetings with their captains to follow up about their performance and provide constructive feedback as to how their leadership skills can be further enhanced.

If a captain does not seriously consider these expectations, he or she will be removed from the position of authority by the coaching staff.

Captains should be appointed by the coach. Feedback from the team, in the form of a vote, may be taken into consideration by the coach before the appointment is made. Before the vote, some coaches may prefer to ask the captains to present their leadership strengths to the team. This is an important step in self-advocacy and offers a learning opportunity.

### **NCAA Athletic Scholarship Signings for Student-Athletes**

CSS will adhere to the three designated NCAA signing days on the year's calendar. All athletes signing letters of intent will be invited to participate in a signing day photo opportunity. The Communication Office will take photos and interview involved parties in order to share a press release with the media. The athlete is encouraged to invite family, friends, and coaches to the event and to wear a t-shirt or sweatshirt of the college they will attend. The athlete should also bring their NCAA signing paperwork.

#### **Signing Event Protocol:**

- \*Athlete(s) will be seated at the CSS table while surrounded by coaches, administration, parents and teammates.

- \*CSS Administration (Athletic Director, Head of School or Director of Communication) will welcome guests and friends.

- \*Coaches will be asked to say a few words regarding the player.

- \*Ceremonial photos will be taken.

- \*If media is present, time will be allowed for athletes or coaches to be interviewed. CSS can never guarantee that the media will attend or cover any events.

- \*A follow-up photo and summary will be shared with the media.

### **State Play-offs**

As Upper School varsity teams advance in the playoffs, CSS will support them in terms of hotels, meals, t-shirts etc. depending on available funds at that time.

### **Expectations**

#### **Athletes' Expectations of Coaches**

1. Coaches who make it fun
2. Coaches who lead and motivate players to bring out the best in themselves
3. Coaches who respect their players and model the behaviors they expect
4. Coaches who communicate on a regular basis regarding practices, games, etc.
5. Coaches who teach fundamentals, strategies, game and practice preparation
6. Coaches who are supportive, fair, and good listeners
7. Coaches who care about them beyond the sport
8. Coaches who help make the season rewarding and fulfilling regardless of wins
9. Coaches who clearly communicate what is needed for an athlete to improve
10. Coaches who are professional in all aspects of the job

#### **Parents' Expectations of Coaches**

1. Parents expect communication regarding schedules, directions to games, rules, concerns about their son/daughter, needs, arrival times from games etc.
2. Parents expect a safe environment
3. Parents expect a coach to be prepared for practices and games
4. Parents expect an adult to be there when they arrive to pick up their athlete
5. Parents expect a coach to promote good sportsmanship and to develop healthy relationships between players
6. Parents expect a coach to be positive and helpful with fostering growth and confidence
7. Parents expect a coach to use good judgement when discipline is required
8. Parents expect a coach to exhibit professionalism in all aspects of the job
9. Parents expect a coach to emphasize life lessons through the realm of coaching
10. Parents expect a coach to help their child to reach his or her fullest potential

#### **Coaches' Expectations of Players**

1. Coaches expect players to be committed for the season
2. Coaches expect players to represent CSS with class, both on and off campus
3. Coaches expect players to be punctual for all practices, games and meetings
4. Coaches expect players to keep their grades up
5. Coaches expect players to be coachable, respectful, and good sports to opponents
6. Coaches expect players to work on their overall fitness and skill work out of season
7. Coaches expect players to directly address the coach if there is a problem
8. Coaches expect players to communicate prior to an absence of any sort

9. Coaches expect players to seize the opportunity for growth and to work hard
10. Coaches expect players to trust the coach's experience, knowledge of the game, and the ability to make decisions in the best interest of the team

### **Coaches' Expectations of Parents**

1. Coaches expect parents to transport their athletes to practices and games on time
2. Coaches expect parents to exercise good sportsmanship at all events
3. Coaches expect parents to leave strategic coaching decisions up to the coach
4. Coaches expect parents to encourage their children to talk to the coach first
5. Coaches expect concerned parents to set up an appointment
6. Coaches expect parents to understand that coaches sometimes make mistakes
7. Coaches expect parents to support the team in various ways, like keeping the scorebook or clock, or serving as a team parent
8. Coaches expect parents to adequately provide needed equipment, such as appropriate shoes, practice gear, water bottles, etc.
9. Coaches expect parents to communicate with them regarding any recruitment possibilities for the athlete
10. Coaches expect parents to serve as ambassadors of CSS in a positive and justified manner

### **10 Reflections for Head Coaches**

So, you want to be a better coach? Spend some time with these reflective questions to recognize if there is room for improvement at this point in your season:

- 1) **Communicate:** Are you effectively communicating with your players, parents, and staff? Is it primarily constructive? Is it two-way? Are you asking for help if you need it?
- 2) **Delegate:** Are you effectively delegating or are you clinging to control? Do you create opportunities for your captains to demonstrate leadership? Do you create space for your assistance coach(es) to nurture their own skills? Do you offer time for your players to step up and run drills on their own?
- 3) **Listen:** Are you listening and asking for opinions, advice, suggestions, etc? Do you debrief with your team? Do you debrief with your staff? Are you open to feedback?
- 4) **Coach:** Are you talking or are you coaching? Are your practices balanced? Are you effectively stopping the action to interject, and is your feedback constructive? Are you demanding excellence and holding players accountable?

- 5) **Coach Smart:** Are you effectively using your time and space? Are your drills designed to maximize participation? Are your drills moving in a timely fashion? Are you discovering the balance and flow of effective coaching? Are you seeking out new ideas and coaching tools, possibly through coaching development?
- 6) **Adapt:** Are you flexible with your practice plan and able to switch gears? Do you understand that the energy of the team will sometimes shift the game plans, and a good coach is able to recognize this and adapt accordingly.
- 7) **Teach Life:** Are you mindful of teaching life lessons through sports and emphasizing discipline? Are you encouraging effort, as well as results? Are you taking advantage of teaching moments, on and off the field? Are you using quotes to teach life lessons? Are you embracing opportunities to help your athletes grow as a person?
- 8) **Motivate:** Are your expectations (goals) clear for each practice and the overall season? Does your team have a goal and is it stated somewhere? Does your team have a motto, theme, or quote for the season?
- 9) **Organize:** Are you organized for practices and games? Do you have a game plan for practices and objectives? Are you tracking attendance and emphasizing tardiness?
- 10) **Unite:** Are you creating a mentality of unity and emphasizing teamwork? Are there ways that your team can bond outside of practice? Are you aware that the program is designed for our athletes, and the team dynamic is strengthened when the players have ownership and buy-in, and are you nurturing this?

## **20 Benefits of Athletic Participation**

1. Learn how to set individual and team goals
2. Learn teamwork skills
3. Learn to sacrifice for the good of the whole
4. Develop self-discipline
5. Learn to persevere
6. Learn to deal with losses and wins in a positive way
7. Develop positive attitudes
8. Learn the correlation between the mind and body
9. Learn to cope with pressure
10. Learn to get along with and work together with those you may not like

11. Learn how to prepare mentally and physically for practice and games
12. Develop time management skills
13. Learn to stretch personal limits and reach potential
14. Develop close relationships
15. Learn to finish and not quit
16. Develop leadership skills
17. Develop healthy ways of dealing with stress
18. Build and maintain physical conditioning
19. Learn to accept appropriate constructive criticism
20. Learn what it means to have grit

