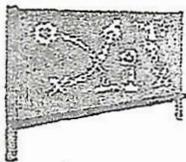


Coaching Tips

**Do your parents
Work for you, or
Against you?**



(Source: Coach like a pro newsletter)

Below is an article that I give to all my parents at the beginning of the season. I think it lays the foundation for our relationship with each other for the remainder of the season.

1. Please don't shout advice to your player during the game. Shout encouragement? You bet. A steady stream of technique suggestions, though, has no value. Your insightful tips may conflict with my instruction.

2. Please don't harass the refs. Parents that loudly harass the referee are embarrassing to the player and the team.

When a parent makes a spectacle of himself at a game, the player is embarrassed. If the ref is being reamed by a parent for a bad call (by definition, a bad call is any decision made against the parent's child), what does the player learn? He learns that the mistake wasn't his fault. It was the result of poor officiating. This is a bad habit to get into.

Don't encourage your child to place the blame for their failures upon others. One of the benefits of playing sports is learning to accept responsibility instead of making excuses.

Sometimes a call is hard to take for whatever reason. Such times are tests of emotional control. If a player can learn to bite his lip and move on, a parent can learn to sit quietly for a moment and let the emotion pass. Learning to cope with disappointment is a valuable life skill.

3. Don't blame the coach for your child's problems or lack of playing time. Your child's struggles to succeed are your child's problems. Let him work them out without your interference. A player has every right to ask a coach what needs to be done to earn more playing time, for example. But a parent stepping in to demand playing time is another thing altogether.

4. Please don't talk bad about the coach in front of your child. The worst thing a parent can do is take pot shots at the coach, criticizing decisions, and complaining about his leadership. Support the coach and stand behind his/her decisions.

5. Please don't razz the other team's players. The other team's players should be considered off limits. Yelling at or deriding someone else's child is a shameful practice for an adult at a sporting event. Parents who intend to disrupt, distract or upset players exhibit the worst of poor sportsmanship.

"That's a Foul!"
Basketball NSW Coaches Newsletter

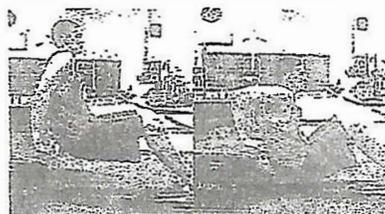
As a parent, be involved in a positive way. Attend your child's games as often as you can. Cheer for all the kids on the team. Help with fund raising. Assist with logistics. If you're not sure how to help, ask the coach.

There is probably a hundred ways to be a good team member and a good parent at the same time. When the larger definition of team is working well, the experience can be wonderful for everyone involved. People who see our program in action will want to be a part of it. Parents looking ahead to when their child will be old enough to participate will want to fit in and help. This kind of teamwork perpetuates itself. Once it gets momentum, it can be quite a force. It just takes parents who care.

Dips

(Source: AIS Strength and Conditioning Department)

The start position for this exercise is shown below. You can find a box or bench to put your hands on. Put your feet and the rest of your body out in front of you and lower your body to the ground by bending your elbows. Make sure that you lower your body in a slow and controlled manner. Once you get to an angle of 90 degrees at the elbow joint, push with your arms to get back to the start position and straight arm position. Make sure that you do not lower your body too far as this will put unnecessary strain on the shoulder and sternum joints. Some athletes will find this exercise uncomfortable to do initially until their shoulder and sternum joints can go through the correct range of movement.



Website of the Month

<http://www.ausport.gov.au>

The Australian Sports Commission is the Australian Government body that coordinates the Government's commitment & contribution to sport. It provides national leadership in all facets of sport from the elite level through to the wider sporting community.

This website has many interesting areas relating to sport. Make sure you click on the "AIS" link to learn more about the Australian Institute of Sport as well!

L's Loose Lips

Which coach will be named the next assistant coach of the women's program at the Australian Institute of Sport?