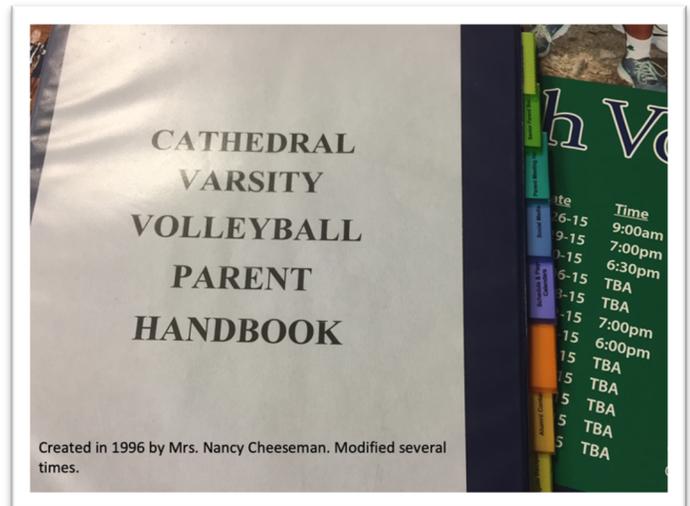


Working with Parents

Jean Kesterson, retired Indianapolis Cathedral High School

Overview

- Nuggets
- Parent handbook
- Freshman information meeting
- Senior parent meeting
- Parent program pre-season meeting
- Timeline
- More Nuggets



Nuggets

#1 Followers (Parents) Want from Leaders (Coaches) – in priority order

1. Trust - Talk to them
2. Compassion - Know where they're coming from
3. Stability - See handbook
4. Hope - Have big dreams for the program

#2 Motivating Others*

1. Autonomy
2. Mastery
3. Purpose

*Dan Pink, The Puzzle of Motivation, TedTalks.

Why Create a Parent Handbook?

- Parents are an important cog of the wheel
 - Especially Gen Z parents
- Helps establish a family culture for the program
- Get more done in the same amount of time, duplicate your time
- Helps get a buy in from the parents with what you are trying to accomplish
- Parents can sell your program
- Helps everyone get on the same page
- Helps with communication
- Has helped eliminate negative talk among small cliques
- Parents feel more important

Introduction of Handbook

- Cathedral volleyball has a history of great parent support (no pressure).
- The purpose of this book is to help provide the Varsity volleyball parents with a guide to the event and planning of the season.
- Responsible for sending out emails in the summer to get things going in the new season.
- The key to **success is planning**.
- Once a season begins, weekly email should be sent to parents of three teams on Friday's with details of the upcoming week.
- At the end of each season Coach K appoints a new senior parent to the position of communication.
- This simplifies communication with the coaches

Booklet Includes:

- Schedules
 - Contest schedules
 - Practice schedules
- Locker Decorations Sign Ups
- Player Program Fees and Costs
- Family Contact Information (Excel)
- Tax exempt form for Cathedral
- Successes of past years – best theme night, best locker ideas, best meal options for teams

Important notes for a successful parent group

- Use all parents in the program that are willing to help
- It is important to make them feel part of the Varsity “experience”
- The JV and freshman parents do a lot for the entire program and tend to not be resentful when treated as important as the varsity parents.
- Varsity parents should do their best to interact with the other team parents and really get to know them.
- Say "Thank You" for all they do whenever you can.
- Do not make parents do things they aren't interested in doing.
- Don't push a job on them, there is always someone else who WANTS to do it!
- Remember there really isn't a Team Mom – it's a team of moms. Use the talents of the group.
- And most of all remember that our job is to help the coaches and players win state!

Timeline May

- Call Out/Welcome Information Meeting date. [Agenda](#), [Freshman questionnaire](#).
- Get conditioning schedule from Coach K
- Get camp schedule that the players will be asked to work
- Get new volleyball schedule

Timeline June

- Get list and emails of incoming freshman trying out for the team. See freshman questionnaire

Timeline July – Senior Parent Meeting

- Have a senior parent meeting with Coach K and Coach Low
- Update website/twitter/Facebook with any summer accolades that may have been missed
- Create a genius sign up for meals, locker decorations, spirit wear table, and concession. Do not send until team are announced.
- Social Media
 - Twitter @cathedralvball
 - Website: gocathedralathletics.com
 - Instagram: cathedralvball
- Reporter
 - PrepVolleyball.com – will need updates on how season is going every 2-3 weeks.
 - MaxPreps.com – be sure to include in score and season updates
- Theme Nights
 - Senior night
 - CYO/Camp Night
 - Parent Night
 - Alumni Night
 - Retro Night
 - USA Night – Olympic years
 - Serving contest
 - Eating contest
 - Musical volleyballs
 - Teacher Appreciation

Timeline August

- Give coach invitations for kickoff part to include in girls' envelopes after cuts are made
- Coaches gather emails from players, create parent contact list and player contact list
- Get hill sign from coaches' office, put up on hill
- Get player school locker numbers
- Choose parents to head different areas
- Communication/coordinator parent should already be in place
- One senior and one junior parent to organize concessions
- One parent to all genius sign ups per team
- Send out emails about the Coaches/Parents Information meeting the first Friday after teams are announced.
- Take pictures the first Saturday after teams are announced
- Player Signs, Varsity signs on display, all may order a yard sign for their own yard

- Concession Stand policies and procedures
- School locker dimensions/School locker directions
- Parental Permission Slip for sleepovers

Pre-Season Varsity Parent Meeting with Coach K

- [See outline.](#)
- Assign:
 - Team Meals
 - Describe why we prepare meals for our student-athletes.
 - Meal suggestions
 - Parent responsibilities before and after the meal.
 - Parents in charge of original locker decorations
 - Two parents in charge of theme nights
 - Parent in charge of all team photo buttons
 - Parent in charge of locker room
 - Do locker decorations

Timeline – September

- Get senior baby pictures to Coach K
- Write the quote for the back of senior night booklet
- Senior moms start working on senior night trifold boards
- Write the quote for the back of senior night booklet

Timeline October

- Dads decorate bus before semi-state
- Plan sectional and semi-state dinner, (Friday night at a player's home)

Timeline November

- WIN STATE!
- Senior parents hand off website duties to junior parent per Coach K
- Coach K pick junior parent to be in charge of communication for next season
- Set a date for the banquet.

Other Nuggets

- #3. Be willing to talk to any parent during the season. **EXCEPT** the week of state.
- #4. **ALWAYS** have another coach/adult present when you talk with an angry parent.
- #5. Do not talk about another player unless that parent is also in the meeting.
- #6. *May need to agree to disagree.*
- #7. "The team plays better with "Sally" on the court."
 - Get better
 - Be more consistent with your play
 - Be a better team player
 - "It's not about you!"