

Appleton North Girls Basketball Club

Parent Handbook

(Adopted August 5, 2024)

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! This 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.
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 your support at home. Comparison to others is discouraged. Encourage your athlete to do their best regardless of family or friends who may have been outstanding players.
7. Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance. The job of an athlete parent is tough and takes a lot of effort to do it well. However, it is worth the effort when you hear your child say "My parents really helped. I am lucky in this respect."

I Am Ready For The Game

1. Cheer for our team and players. Opponents and referees deserve respect. Realize that players and officials will make mistakes. **Your support is needed when things aren't going well.**
2. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
3. Attempting to communicate with coaches, players or officials during a game only creates tension and is completely unacceptable. Be a respectful spectator.
4. Conduct that draws unwanted attention to oneself usually leads to embarrassment for your child. Please keep their well-being in mind at all times. Don't jeopardize losing the opportunity to watch your child participate.

How Do I Communicate the Right Way?

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines the 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.

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 the coach a brief summary of what you want to discuss. This enables the coach to prepare to give you the best possible answer(s) to your question(s). If the coach cannot be reached, contact the ANGBC Board of Directors. The Board will assist you in arranging a meeting. Coaches will not talk to you unless you have arranged an appointment.
3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the Board of Directors to discuss the situation.

The 24-Hour Rule will be utilized for any in-season communication with the coaching staff. Contact with the coaching staff will not be allowed until 24 hours after an athletic event. The only exception to this rule is reporting an injury, illness, or emergency situation.

Please sign and return the acknowledgment form below to your daughter(s) coach by November 1st

Appleton North 2024-2025 Girls Basketball Parent Commitment

I have read and understand the Parent Expectations as described in this Parent Handbook. I will do my part to help make my daughter's basketball experience fun and enjoyable. I will do my part in supporting her and her teammates in a positive manner.

Date: _____

Parent Name: _____

Parent Signature: _____

Player Name: _____