

# 2 minute drill *for parents*

monthly tips from Positive Coaching Alliance

## Inside a Pre-Season Meeting

Attending a pre-season meeting with your child's coach is a wise investment. Getting everyone onto the same page before the season starts is critical to your child's success on and off the field.

Forging an effective partnership with your child's coach is one of the most important and impactful things you can do as a sport parent. We suggest you do the following during the meeting:

*Introduce yourself:* Arrive a few minutes early and introduce yourself. Let the coach know you want to help your child have the best experience possible this season. Ask if there is any way you can help.

*Express Appreciation:* Thank the coach for his or her time, effort and commitment in coaching your child's team.

*Listen:* Make sure the coach covers all of the issues that are important to you. These may include coaching philosophy, policies on practice attendance, playing time, and position rotations and overall logistical issues.

*Volunteer:* This is good time to volunteer for any duties the coach may need help with, such as snack coordinator, scorekeeper, phone tree leader, team banner designer, etc.

adapted from *The Double-Goal Coach* by Jim Thompson



to purchase *The Double-Goal Coach* and other books by Jim Thompson, please visit:  
<https://www.positivecoach.org/store>