

# Coach's Code of Conduct and Suggestions for Dealing with Parents

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The function of a coach is to ensure a positive baseball experience for all players. Coaches serve as an advisor and mentor. Each player should be treated with the utmost respect.

Thank you for your willingness to serve as a coach. You are the face of Mitchell Baseball. Accordingly, the following Coaches Code of Conduct has been adopted by the Mitchell Baseball Association. By signing below you agree to all terms set forth therein.

## **CONDUCT AND ETHICS**

- I will be a positive role model for the athletes I coach and demonstrate fair play and sportsmanship to all players.
- I will act professionally and take responsibility for my actions.
- I am aware that I have a tremendous influence on the education of the player and will not place the value of winning above the value of instilling character.
- I will respect and support umpires. I will not indulge in conduct which would incite players or spectators against the umpires.
- I will place the emotional and physical wellbeing of my players ahead of a personal desire to win.
- I will ensure my language, manner, punctuality, preparation and presentation demonstrate high standards of MBA.

## **HEALTH AND SAFETY**

I understand that I am responsible for ensuring that the health, well-being and development of the players takes precedence over the win/loss record.

- I will adhere to all pitch count rules and in the absence of rules act in the best interest player health and longevity regardless of situation.
- I will provide a physically and emotionally safe environment for practices and competition.
- I will exhibit sound injury and risk management practices and will encourage athletes to seek medical advice.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all events.
- I will ensure that all equipment is safe and ready for play.

# COACHING

- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will be fair, considerate and honest with athletes and communicate with athletes using simple, clear language.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will seek continual improvement through performance evaluation and ongoing coach education.
- I will be knowledgeable in the rules of MBA and for my level in South Dakota to include any applicable tournaments as appropriate and I will teach and explain these rules to my players.
- I will make myself available as a coaching mentor to other coaches throughout the Association at all levels as requested by the MBA Board.
- After due process should I be asked by the Mitchell Baseball Association to step down as a coach I will willingly do so and without incident.

Dear Parent(s):

I wanted to take this opportunity to put in writing my coaching philosophy and my goals for your child and the team this season.

## Coaching Philosophy

- I believe that kids gain confidence and a love for the game through positive feedback from parents, coaches, and other players. Skill level develops at different rates for kids, but effort and having fun can always be achieved. I try to always provide positive feedback for effort.
- I believe in trying to make practices as fun and entertaining for the kids as possible, while providing the practice and instruction that they need to improve. I've found that kids expect and respond to well structured and organized practices.
- Teamwork and developing friendships is an important part of any team sport. I always try to tell the kids how important it is for them to support each other and to always be positive towards their teammates.
- Competition is an important element of any sport and as kids grow they naturally become more competitive. Effort and attitude is my focus. If we can achieve that, then chances are we'll win the number of games that we are capable of winning.

## Objectives

I have 5 primary coaching objectives which I believe are equally important.

1. Help your child develop the skills necessary to be successful at this level.
2. To have fun and have the kids develop a love for the game.
3. Learn about the importance of teamwork and sportsmanship.
4. Give positive reinforcement based on effort rather than results.

5. Provide a safe and healthy environment for all the kids on the team.

### Playing Time and Positions

I want to give the kids an opportunity to play a number of different positions, but I will not have a player play a position if they are not ready. This is a safety issue as much as anything and I want the players in positions where I feel they have the best chance to be successful.

# Pre-season meeting with parents and players

Guide for Talking Points:

### Team Rules and Discipline

We will have a few team rules that we will make at the first practice. Rules may be added during the season if necessary.

### Player Expectations

1. Have fun and always give your best effort.
2. I expect players to always show respect for the coaches, parents, and other players on the team.
3. Spend time outside of practice playing baseball.

### Parent Expectations

- 1) Get your child to practice and games on time. If you know your child will be late or won't be able to make it to a practice or game, please let me know in advance.
- 2) Help out with team volunteer opportunities. We have a number of items that require parent help.
- 3) Please encourage good sportsmanship by demonstrating positive support for all players, coaches and umpires.
- 4) Please let me know if you have a problem with me or something that is happening. Same holds true if your child isn't happy about something. I want to know if there is a problem right away. These problems can be fixed very easily if I know about them.
- 5) 24-hour rule. If you are upset about something, please schedule a meeting the next day to ensure that emotions have subsided.

Uniforms/Equipment

Practices

Games

Parent Hours

Parent Rep

Transportation

## Let them know you're approachable

A pre-season meeting will let you begin to develop relationships with the parents and lets them know that you're approachable if they ever want to talk about any problems or concerns they might have.

Being an approachable coach is very important.

Most of the time when parents storm up to a coach demanding answers out of the blue, it's because the problem's been building up for a long time and finally got to a point where they couldn't handle it anymore. If the parent felt like they could talk to the coach about it prior, this outburst might not have happened.

## **Never talk to someone that's yelling at you**

Never talk to someone if they're yelling at you.

Rather, if a parent comes up to you frustrated and yelling, in a calm voice let them know that you'd be happy to discuss whatever their concern is when they've calmed down.

## **Hear them out**

Without interrupting!

The parent needs to feel like they're being heard. If you're constantly interrupting and disputing their comments mid-conversation, the only thing you're going to achieve is making the parent much angrier than they already are.

The last thing you want to do is make the situation worse than it already is.

## **Body language**

You must show the parent that you're paying attention to what they have to say by using good body language.

Don't sit back in your chair with your arms crossed. This shows a type of arrogance and stubbornness and will only infuriate the parent further.

Sit forward and look them in the eyes. Nod when they're speaking to show that you understand.

## **Keep your composure. Even if they don't**

Even if they come in blasting you for reasons you don't understand, it's important to make sure you keep calm and talk rationally. You don't want to get into a shouting match and say something you'll regret in the future.

If you find the way they're speaking to you is unacceptable, politely ask them not to talk to you that way, and if they continue to do so, you'll have to end the conversation. Then if they do continue to speak to you in an unacceptable way, simply tell that that you're not willing to talk to them when they're in this state and you'd be happy to talk to them again when they've cooled off.

## **The correct way to respond**

Once you've let them have their say, it's your turn to respond.

Even if you don't fully agree with their argument, let the parent know that you can see where they're coming from. Acknowledge the points in their argument that you agree with. Acknowledge their son's strengths before you tell the parent what they need to improve on.