



Parental Contract

The Coaches at YCF Diving would like to take a moment to share some of our philosophies on coaching kids. It's very important to us that every athlete that moves through YCF Diving comes away with a positive experience and learn discipline and commitment that can help them throughout life. We believe that diving is fun and challenging and can teach kids some great life lessons. We believe that if a child's individual learning curve is followed, with patience and encouragement, not only will they give themselves an opportunity to achieve competitive excellence, they will also learn much about themselves and how to meet challenges.

After the past several years of coaching, we have experienced kids with all different personalities, traits, and ability levels. In addition, we have learned that parents are the same. However, through all these differences, I have found parents and kids to share the following:

- All parents want their children to be successful.
- All children, above all else, want to please their parents (whether or not they like it).

Keeping these things in mind, we feel the coach and parent(s) relationship needs to be a partnership! The goal of the partnership is to see the child learn and improve and become the very best that he or she can be. Working together is CRITICAL and each side of the partnership has jobs they must perform.

THE COACHES JOB-

- Provide technical expertise;
- Provide encouragement and constructive criticism when needed;
- Provide goals and a training regimen to help each athlete meet their goals.

THE PARENTS JOB-

- Be the world's greatest cheerleader when your child does something right;
- Encourage and console when they do something wrong;
- Be patient..every athlete learns at his or her own pace, it can't be forced;
- Set examples and be a good role model by following the rules of YCF Diving.

WORKING TOGETHER-

- To achieve the goal of the partnership each side must perform their job.
- Try to make sure your diver is at practice ON TIME and ready to dive.
- Parents need to allow the coach to handle the coaching. Please do not coach your child. This only causes confusion within the athlete and does not allow the coach to do their job.
- Criticism about their diving should ONLY come from the coach.
- When kids receive criticism from both the coach and parent, the athlete feels as if they are letting everyone down.
- Corrections should ONLY be given by the coach. This is not only a technical issue, but it also involves safety. Kids need to be focused on what the coach is asking them to do.
- Parents please sit in the stands above the pool or in the bleachers on deck.
- Please avoid striking up a conversation with the coach DURING practice hours. If you have a question or concern, please schedule a meeting by phone or email. Our door is always open for communication.
- Please try to avoid any negative gossip about the coach or program. This does not place the program representatives or athletes in a positive light. We ask that any concerns and issues be addressed professionally at scheduled appointments with our staff. Most grievances are from a lack of communication or inaccurate information.
- Do not criticize coaches, officials, other divers or other diving parents in front of your child. Save that for arranged meetings with the parties involved.
- Please avoid voicing any program service concerns to your child. Your words will greatly influence your child’s attitude and thoughts. If the child has negative feelings towards the program or coach, this will reduce their initiative and their ability to reach their goals within our training environment. If such a condition has been reinforced by the parent, this may become a problem that the coach is powerless to undo. Instead, arrange a meeting with the coach to discuss grievances so that some positive results may follow. We also encourage each athlete to meet with their coach if they are having issues that aren't being resolved. Sometimes kids can share their feelings directly to the coach without the parents being involved. Part of our responsibility is to make the athletes accountable and responsible as they mature through the program.
- There will be misunderstandings and problems occasionally. Parents and coaches need to WORK TOGETHER, COMMUNICATE, and be PROBLEM SOLVERS. After all, this is what we expect of our young athletes – to be problem solvers everyday!

Please sign to acknowledge that you have read and agree:

X _____

Please print your athletes name below:

X _____

Please return to one of the coaches.

Thank you!