

VANCOUVER PUBLIC SCHOOLS

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Four Things Parents Want from the Coach

By Chris Fore, CoachFore.org

Parents will ALWAYS have THEIR OWN kids' best interests in mind. It is just a natural thing. We really can't fight that. We can hope for parents who get the **big picture**, parents who understand that team sports should always **put the team before the individual**, BUT, we will not always get those great type of parents.

Enter each season reminding yourself that your student-athletes are **sons and daughters**. Sometimes I think we can forget that as we see these kids day in and day out, sometimes year round, and sometimes more than their own parents see them.

From my experience, here are 4 of the most important things that I think parents want to know:

***That their child will have a great experience**

Every parent wants their child to get the most out of their athletic team experience. Do your best to make sure your athletes are having a great experience in your program – much of this comes down to your relationship with each athlete.

***That their child will be kept safe, and there are trained coaches, athletic trainers, etc. to take care of their child in case of injury**

This is a major issue for parents.

***You will give their kid a fair shot**

Parents want to know that you are fair, that you have an open mind to their child. How do you show parents that you will give their child a fair shot? Be fair! Do not show favoritism to kids because they are stars. Apply your team rules evenly across the board so that parents know you are fair. Clearly communicate team rules, infractions, results if a kid breaks that infraction, etc. Spell out your expectations for playing time very clearly. Stick to your expectations consistently, and you will be seen as a coach who is fair.

***Be consistent with your practices/policies, and maintain control of your coaching staff.**

Parents want to know that you are who you claim to be, and you will do what you say you will do. Do not violate that trust by being an inconsistent person. Do not violate that trust by not having control over your coaching staff.

To read the entire article <http://coachfore.org/2014/04/30/four-things-parents-want-from-the-coach/>

UPCOMING DATES

AUGUST

- 13 Coaches Institute – Skyview HS
- 15 First day HS football
- 20 First day all other HS fall sports and all fall MS sports
- 29 First day of school

SEPTEMBER

- 3 Labor Day – NO SCHOOL
- 12 CPR/First Aid, 4:30 @ Fort

OCTOBER

- 1 HS Athlete Survey - early ending sports G, SLP, T, XC, SW
MS Athlete Survey – ALL fall sports
- 10 CPR/First Aid, 4:30 @ FORT
- 11 MS Cross Country final meet
Location: Gaiser MS, 4:30
MS Volleyball tournament
Location: Jason Lee MS, 4:30
- 12 In-Service Day – NO SCHOOL
- 15 HS Athlete Survey – FB, VB, SO, CH
- 17 2-Hour early release – MS/HS
MS tackle cross over game
Location: Kiggins stadium, 2:30
- 18 2-Hour early release – MS/HS
- 19 Conferences – NO SCHOOL
- 23 First day MS wrestling/girls basketball
- 29 First day HS bowling

To register for CPR/AED/First Aid:

Certificated –

Professional Development on the portal

Classified and out-of-building coaches –

Contact coni.alley@vansd.org

COACH OF THE YEAR NOMINATIONS ARE BEING ACCEPTED FOR 2018-2019!

The Vancouver Public Schools “Coach of the Year” award recognizes the positive impact coaches have in the lives of our student-athletes. Every day our coaches are working with our students to develop self-confidence, courage, hard work and other skills necessary to be successful in life.

Those nominated can be a head or assistant coach at the elementary, middle or high school level. For the nomination form go to <http://vansd.org/athletics-activities/coach-of-the-year-nominations/>

Thank you to everyone who attended the Coaches Institute at Skyview High School! We had a great turnout with over 225 coaches!

We have been fortunate to work with Bruce Brown of Proactive Coaching for over 15 years, and we welcomed him back as our keynote speaking on the **Impact of Trust**. Bruce has worked with our athletic directors, coaches, athletes and parents over the years providing a blueprint for team leadership, and training coaches for excellence and significance.

We want to congratulate all those nominated for the Coach of the Year Award for 2017-2018:

Juan Mendoza Rodriguez, Harney; Ray Lions, Hudson’s Bay; Rick Skinner, Hudson’s Bay; Jim Sevall, Columbia River; Luke Carlson, Columbia River; Christian Swain, Columbia River; Dennis Carline, Fort Vancouver; Genevieve Gahagan, Skyview; Neil Cummings, Alki; Dominique Sukles, Thomas Jefferson; Pat Mongrain, Thomas Jefferson; Kevin Williams, Alki; Dana Highman, Discovery; Heather Ramsey-Thomas, Discovery; Geovanni Perez, Discovery; Brian Thomas, Discovery; Alexis Bruce, Discovery; Travis Blue, Alki; Mike Kates, Jason Lee

Recipients of this year’s award:

Coach of the Year – Middle School

Pat Mongrain, Thomas Jefferson

“Pat is a leader and respected member of the Thomas Jefferson coaching staff.”

“He always lives and teaches the Core Covenants.”

“Pat has helped to form and lead a student-athlete leadership group at TJ.”

“Pat has a full understanding of the value of sports to our student-athletes, and goes far beyond our expectations to be sure that the experience for our students is exceptional.”

Coach of the Year – High School

Dennis Carline, Fort Vancouver

“He has devoted almost 40 years to coaching and came out of retirement to help rebuild the Fort Vancouver volleyball program. At the time of his arrival, there was low participation and a feeling of defeat both on and off the court. Dennis increased participation creating a club program at a low cost option, and implementing a strength and conditioning program. Every year he makes a great effort to make every player at every level feel as though they were a part of a community that cared about their development as players, their success in the classroom and most importantly, their character as individuals.”

Rolla Mitchell Service Award is awarded to individuals who support Vancouver Public Schools athletic programs with the highest of standards. This year recipients are from the district field maintenance crew who maintain our outside playing facilities throughout the district for elementary, middle and high schools:

Pete Borchers, Nick Hunziker, Chris Kendall

Congratulations to everyone!

**Inspiring Athletes through the "Rule of One":
How One Person, One Comment, One Time Can Change a Life Forever**

By John O'Sullivan, [Changing the Game Project](#)

"The Rule of One" is the phrase my great friend Dr. Jerry Lynch calls powerful, life changing teaching in his books *Coaching with Heart* and *The Way of the Champion* (both mandatory reading for coaches). Every day is an opportunity to empower and inspire an athlete. Our words can be affirming and life changing, or demeaning and depressing. We do not get to pick and choose which ones stick, and which ones our kids forget, so we had better be careful. Every time you step on the field is an opportunity to find that one person, and make that one, life-changing comment.

How can you make sure the "Rule of One" positively affects your athletes?

Be Aware

Your influence is never neutral, and we must be aware of the impact of our words and actions. There are certain times that are highly emotional (end of games, after a mistake, after a great play). Catching an athlete doing something great after overcoming adversity or a word of encouragement after a disappointing outcome can be very powerful. Similarly, the opposite can be true. **Understand that there are certain times to teach, certain times to inspire, and certain times to leave it unsaid for now.**

Be Intentional

Whenever I substitute a player, I am at midfield to shake every athlete's hand as he or she steps off, regardless of how they played. If they are doing well, it is a smile, a high five and a "well done." If they are struggling or upset, it is a smile, a high five, and a "keep your head up, get a drink, I have an idea that might help and I will be right over." Everyone is acknowledged. Everyone gets a reminder to focus on the process. Every time.

Be Transformational

Coach the person, not the sport. It is up to you to realize what every individual needs, and do your best to deliver it to him. Your delivery must match the needs of the recipient.

A transformational coach values the things that are hard to measure. It is easy to recognize athletes when you count points, goals, saves, and rebounds, but that is insufficient. Athletes need you to validate the things that are much harder to measure, but mean far more. **A life changing "Rule of One" comment will rarely be about something easily measured.**

Next time you step on the field, remember that "The Rule of One" applies to you. Whether you are an adult working with a child or an upperclassman/team captain speaking to a teammate who looks up to you, you wield tremendous power.

One person. Once comment. One time. It can change everything. Now go make a difference.

To read the full article <http://changingthegameproject.com/the-rule-of-one/>

Best of luck to everyone this school year...

The ability to motivate is one of the key differences between good coaches and great coaches; the intangibles – the things that separate influencers from the rest. We challenge you this year to be the coach that makes someone say..."There once was this coach..."

Bruce Brown, Proactive Coaching, *Called to Coach & Inspire* booklet