

## Golden Rules for the Parents of Athletes

1. **Get your son to practice and games on time or arrange transportation.** The general rule of thumb is to have your child at practice 15 minutes prior to the start time and one hour before game time.

2. **When practice is over, DO take him home.**

The coach can't leave any player at the field after practice so that parent that shows up 15 minutes late is not to be tolerated. There is nothing more frustrating for a coach than having to wait for parents to pick up their kids after a hard practice.

3. **DO get involved.**

Many things are involved with running a baseball team. From fundraising to field maintenance, the coach needs as much help as possible to ensure a quality baseball program. Always ask "what can I do to help?" Or, do your part in the field maintenance program, concession stand duty, etc. Some coaches go so far as to tell the parents "I don't do fields. I coach baseball. You will be responsible for organizing field duty". It worked.

(I don't necessarily go that far, for the simple fact that I like to be the judge of the quality of the field)

4. **DO encourage your son or daughter to do their home training.**

This is just like homework and the parent needs to get involved and cherish the experience. This is important as it makes couch potato Dads get off their butts and share this precious time with their players. The byproduct will be exceptional bonding time with your child.

5. **DON'T pressure your player to succeed in the games.**

This baseball experience is about the journey not the destination. It is

also important to realize that baseball more than any other sport is a game of failures. It is probably not a good idea to go over his every mistake in last night's game over breakfast. Spend that time talking about how getting one hit in three at bats will get them into the Hall of Fame.

**6. DO cheer for the team.**

One of my assistant coaches bought me a T-shirt that says: "I coach, they play, you cheer". Nothing else needs to be said.

**7. DON'T cheer against the opposition.**

In fact, if they make a good play applaud. This game is not personal. It is a game of execution. If you execute plays, you generally succeed. Rooting for anyone to fail is not to be tolerated.

**8. DON'T yell at the umpires.**

In a nutshell, it is insulting to all of the coaches and indicates that you might think they won't look out for the best interest of the team. Yelling, "Come on Blue" will not result in more favorable calls. In fact, it is more likely that the next call will not go in your favor.

**9. DON'T coach from the stands.**

I can tell you that there is nothing worse than a Mom, who knows little or nothing about baseball, yelling little coaching catch phrases at her player while they try to hit like, "get your elbow up"? A good coach will have no problem going over to the backstop and calling the Mom out and telling her to be quiet. If a parent wants to get that involved with their player, a good way to accomplish that is to take as much video as they can.

**10. DON'T come to me with your ideas about the lineup or playing time.**

This is probably the most important **DON'T**. It allows a coach to tell the parent/agent when he or she comes up to inform them that they think their child should be the shortstop, "What part of, we are not going to have this conversation did you not understand." Parents have **no** say so in how the team is run. Parents are not "agents". Plus, the players

are on the team, not the parents. If a player has something to say about his situation, he should talk with the coach. He must learn to confront his boss. That is one of those lessons in life we talk about learning from baseball. Those “profound observations” in the stands

can make parents a “cancer” and those shared observations with his son or daughter on the way home in the car can poison his child's relationship with his coaches and teammates. Words can have unintended consequences!

In Summary:

**HAVE FUN!!!**

Enjoy this precious time in your child's life. Parents can be your best friends or your worst nightmare. You control which

These rules are written and reprinted from  
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