

POSITIVE SPORTS PARENTING

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in a desire to help your child, best intentions can end up being counterproductive. Applying the rules of Positive Sports Parenting can go a long way toward fostering an environment where your child can enjoy and excel in sports.

1. **Make sure your child knows win or lose, that you love them**, you appreciate their efforts and you are not disappointed in them.
2. **Try your best to be completely honest about your child's athletic capability**, competitive attitude, sportsmanship and actual skill level.
3. **Be helpful but don't "coach"** on the way to the track, diamond or court; on the way home; at breakfast or dinner and so on.
4. **Teach your child to enjoy the thrills** of competition, trying, working to improve their skills and attitudes, taking the bumps and then coming back for more.
5. **Try not to relive your athletic life** through your child in a way that creates pressure. Remember, you fumbled, too; you lost as well; you were frightened; and you were not always heroic. Don't pressure your child because of your pride.



6. **Don't compete with the coach.** Young athletes often come home and chatter about "coach says this" or "coach says that." This is often hard, especially for parents who have had some sports experience.
7. **Don't compare your child's skill, courage or attitudes** with that of other members of the squad or team.
8. **Get to know the coach** so that you can be assured his or her philosophy, attitudes, ethics and knowledge are a good influence on your child.
9. **Always remember that children tend to exaggerate** both when praised and when criticized. Temper your reactions to their tales of woe or heroics.
10. **Make a point of understanding courage.** Explain that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. **Never approach a coach before, during or after a contest** to talk about your child.



OUR GOALS & OBJECTIVES

The goal of Idaho Falls School District 91's athletic programs is to develop student athletes by:

- Providing activities that meet the needs of a variety of student interests and abilities.
- Fostering a culture of excellence and reaching the highest level of achievement.
- Providing value-based programs focused on good character.
- Promoting the understanding of the value of activities in the educational process.
- Promoting a positive image of school activities.
- Providing opportunities for student athletes to seek and achieve academic, athletic and personal potential.
- Encouraging professional development for coaches through school district events/activities.

HAVE A CONCERN?

The following protocols have been put in place to help patrons, parents, students or employees resolve concerns about the district's athletic programs.

- Address the concern with the assistant coach or program director and try to resolve it at that level.
- If that is not successful, address it with the athletic and activities director at the school.
- If the concern persists, address it with the principal.
- If the concern is still not resolved to the satisfaction of all concerned, it should be taken to the superintendent.
- If the interested party still does not feel the issue has been resolved, he/she may appeal to the Board of Trustees through the superintendent and ask that the item be put on the next regularly scheduled business meeting's agenda.

Please Note: These protocols were not developed to address issues such as playing time, coaching strategies or other players.

Guide to Athletics in Idaho Falls School District 91



OUR PHILOSOPHY

In Idaho Falls School District 91, we are committed to developing student athletes in a competitive culture. We believe the key to accomplishing this goal is:

- **Encouraging and developing student athletes** and providing sufficient opportunities for students to develop individual abilities.
- **Encouraging the development of team spirit** among all members of our teams and their coaches.
- **Developing good attitudes of pride, sportsmanship and ethical behavior** in students, participants and spectators.
- **Developing and maintaining good relationships** between athletic teams and student bodies, faculties, administrators and the community.
- **Teaching the fundamentals and techniques of each sport** in a progressive sequence by developing programs for grades 7-12 in a coordinated effort.

GET INVOLVED!

Students must meet certain participation standards to take part in athletics in Idaho Falls School District 91. The following is a general overview of those standards. For more detailed information, please go to www.ifschools.org.

• **ELIGIBILITY:** To be eligible to participate in sports, athletes must be full-time students. High school students must have passed 5 of 6 classes and maintained a 2.0 overall GPA for the semester prior to the beginning of the season. Middle school students must have passed 6 out of 7 classes.

• **PARTICIPATION:** Students will not be allowed to participate in practice or competition without: a current physical, consent form, concussion acknowledgement, medical release for treatment and signed parental code of conduct. In addition, students must take part in a Concussion IMPACT test. Students must also purchase a school activity card in order to participate in activities sponsored by the Idaho High School Athletics Association.

• **ATTENDANCE:** Students must be in school for 5 of 6 class periods in order to participate in a competition that day. They must be in school 4 of 6 class periods to participate in practice that day.

• **DISCIPLINARY ACTION:** Students who have been disciplined with supervised or out-of-school suspension cannot participate in practice or competition during the suspension.

• **DRUGS & ALCOHOL:** The use or possession of alcoholic beverages, tobacco and/or illicit drugs is prohibited and could result in suspension from a team.



• **HAZING:** The school district seeks to promote a safe environment where students may participate in a variety of extracurricular activities without compromising their health, safety or welfare. Students and staff are prohibited from engaging in any hazing activity on or off school premises.

• **PARTICIPATION FEES:** To support the district's athletic programs, participants must pay the appropriate participation fee of \$120 for the first season; \$100 for the second season; and \$80 for the third season. These fees should not be an obstacle to participation in the district's athletic programs. Special arrangements can be made through the school bookkeeper.

• **TRANSPORTATION:** The school district is once again providing transportation for all athletes to attend out-of-town games, meets or competitions. Arrangements will be made by the athletic and activities directors.

• **ATHLETIC ACHIEVEMENTS:** Idaho Falls School District 91's Athletic Achievement Medallion was created to recognize graduating seniors who competed in three sports during all four years of high school. Medallion recipients will be entitled to free admission to all home athletic events during their lifetime.

Questions? Go to www.ifschools.org
or talk to the athletic and activities
director at your school.



SHOW YOUR SPORTSMANSHIP

Idaho Falls School District 91 expects its athletes to develop and display good sportsmanship. Athletes can do that by:

• Gaining an understanding and appreciation for the rules. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the rule.

• Exercising good behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior representative of a sound value base. Your behavior influences others.

• Recognizing and appreciating skilled performances, regardless of affiliation. This not only represents good sportsmanship but reflects a true awareness of the game by recognizing and acknowledging quality.

• Displaying respect for officials. Officials are the impartial arbitrators who are trained and who perform to the best of their ability. The rule of good sportsmanship is to accept and abide by their decisions. This value is critical for students to learn for later application in life.

• Displaying respect for your opponent. Opponents are guests and should be treated cordially, provided with the best accommodations and accorded respect at all times.

• Displaying pride in your actions. Never allow your ego to interfere with good judgment or your responsibility as a school representative, a player, a parent or a spectator.

