

# The Coaching Culture

## Podcast Notes



### Episode 216 Reimagining the Parent Meeting

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#### Highlights:

- Rethinking the Purpose
- The Conversations You Want to Have with Parents
- Creating Mutual Expectations Between Parent and Coaches

What if instead of surviving the parent meeting we used it to strengthen our culture and help support parents in their role? In this week's episode Nate and JP discuss why it might be time to rethink our parent meeting and how doing so could lead to fewer issues and more buy-in.

#### Parent Meetings

- Consider the end goal.
- How do you see your parents involved in the program?
  - Being informed
  - Being involved (active role)
  - Transformational coaching education for parents (impact in our program)
- Influence the influencers to have a positive influence on our players' life.
  - Takes more time and effort
  - Takes vulnerability in our part (will determine what kind of relationship we are going to have with parents)
- What is the expected role of the parents in our program?
  - How much can they talk to the coach?
  - When can they talk to the coach?
  - How much involvement in the program?
  - When do they reach out?
- What are your boundaries?
  - Playing time
  - Parent interaction with players before/after a game.
- Focus on ways how parents can help and be part of the team.
- How can parents help their son/daughter and the team?
  - Watch film with the players.
  - Being involved in player(s) nutrition, recovery, and sleep.
- Educate parents on how they can help on the home front.
  - Strategies
  - Scouting report
  - Positional information



- Coach & parent relationship
  - Just focused on sports and my son/daughter as an athlete?
  - Focused on them as a person?
  - Connect with parents on a different level
  - Learn their first name
  - Know who their kid is
  - Know what they do for a living
  - Know your players' siblings
  - Communicate what conversations you want to have with them instead of the ones that you don't want to have.
    - What's going on at home?
    - Their kid is not enjoying the sport
    - Is my behavior making them think less of me as a person?
- Actionable intelligence that allows us to better coach their kids.
  - When something is up
- What can parents expect from us?
  - What type of coaches are we (what we value | our style)?
  - How am I going to be working to support their son/daughter?
    - Intentional about 1-on1's
    - Proactive about communicating roles
      - Playing time
      - Strategies
  - Communicate what's going on with the program
  - How we are investing in their kids as people and trying to build the culture
  - Invite parents into your culture
  - Communicate our values to the parents
    - How does our program's values look like coming from the parents?
- Share our purpose
- Share how we make decisions
  - What's best for the team?
  - Prepare the soil
- Normalizing struggle
  - Common struggles that athletes have
  - Bring captains to talk to parents about their struggles when they started in the program
  - Make stress predictable

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