

Coaching Notes from Coaching Culture Episode 60: Supporting Our Parents with Ski & Snowboard Performance Coach Stephanie Zavilla



Stephanie Zavilla the Director of Sports Performance at the Winter Park Competition Center in Colorado.

Parent- Athlete- Coach Triangle

- Everyone working together to help develop the athlete and the person
- When we partner together, they become less the “problem parent”.
- If we can educate and empower parents to promote growth mindset and other values, it will create less issues.

Weekly Emails

Weekly Meetings

- Is there anything you need help and support with?
- Productive versus Counterproductive Behaviors
- Building Athlete Ownership
- Have fun, play hard, I love you.
- Nothing you can do will make me love you less.

For the parents that are the “problem parents”, empower those athletes to be able to communicate the needs.

Research shows that the large percentage of parents do not understand the athlete’s purpose or the level of involvement they want in their sport. Empower the conversation between parent and athlete to talk about purpose and how they can best support them.

Coaches that are transparent and more engaged with communication are better off. Send the weekly email of what’s going on! Coach needs to recognize the importance of the parent role. How can we get to them?

Purchase a book for parents to give them a positive resource to help them grow as a sports parent.

Individualized message on a weekly or monthly message on how their son or daughter is doing!

Acknowledge something that is not PERFORMANCE related. Acknowledge moments of character! These character moments about what they appreciate about their child as a person.

-J.P Nerbun

jpnerbun@thriveonchallenge.com

Twitter: @jpnerbun

thriveonchallenge.com



Nate Sanderson

@CoachNSanderson

Nate_S@BreakthroughBasketball.com