

# The Coaching Culture Podcast Notes



## Episode 203 Parents and Coaches Working Together to Support the Athlete Part 2 | Asia Mape

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### Guest: Asia Mape

- Four-time Emmy Award-winning journalist and Sports Television Producer
- Covered the most high-profile sporting events in the world, including five Olympics, multiple NBA playoffs, and 2 Super Bowls.

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### Highlights

- The Challenges Facing Sports Parents Today
- The Line Between Supporting and Pressuring Athletes
- Consistently Reviewing Goals with Athletes
- When an Athlete Wants to Quit How Can We Support
- Nate's 3 Asks of Parents

### Challenges that Parents are Facing

1. Navigating parent-coach relationship.
2. Not keeping in perspective, the whole child-centered environment/development.
3. Not knowing what's going to make a child successful and what's going to get them from point A to B is not necessarily what's going to be the best for the child.
4. Not following what other people are doing and not seeing the big picture of the child development.
5. Not meeting the kids where they are, instead of pulling them along and making them miserable in the process.
6. Losing the perspective of what's healthy for the child.
7. Thinking that their kid must do sports all year-round to excel at it.



8. Not realizing that their child might think that their value and the love of their parents is tied to their success on the court/field.
9. Not knowing that their child might be afraid to tell them that they are feeling burnt out.
10. Seeing their child as an athlete and not as a person.

## How Can Coaches Help?

1. Be a solution not an additional problem.
2. Help parents understand the big picture and the benefits of sports.
3. Educate parents of the real value of why their child is playing sports.
4. Help parents with the journey of their kids through club and high school sports to a college career without breaking their bodies down.
5. Help parents make choices that are healthy for their child.
6. Help parents understand that kids are going to need a break from practice/training to prevent burnt out.
7. Teach them the difference between support and pressure.
8. Tech them how to manage goals: a kid's goal at 15 years old might be different from when they were 12 years old.
9. Ensuring that the players understand that it is ok to tell the coach when they are feeling burnt out.
10. Understand that some kids might have mental issues.

## Nate Programs' Core Values

1. Gratitude
2. Effort
3. Love

## Nate's Three Asks to the Parents at the First Meeting

1. Invitation to participate in the program's culture.
2. Permission to share information (Podcasts, articles, etc. that explain why they do what they do).
3. First conversation – Kids need to talk to the coach first when an issue arises. This will also teach the kids how to have hard conversations (boss, authority figure, etc.)



## A Design to Have a Better Experience

1. Pull a small group of kids (or just one) aside during practices and have a conversation with them. This is an opportunity to check on them.
2. Create a schedule for those conversations.
3. Parent experience night – have parents participate in a team building activity. Have captains lead practice, games, etc.

## Takeaways

1. *Communicate, Communicate, Communicate.*
2. *Be Consistent and Intentional.*

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