

THINGS TO REMEMBER AT YOUR FIRST PRACTICE

MEET YOUR SCHOOL JANITOR

- Take time prior to your first practice to contact the school you will be using and leave a message for the custodial staff that will be working during your practice hour.
- Introduce yourself, and let him/her know the day and time that your team will be in the gym each week, as well as your contact information so that they can reach you in the event that there is a problem.
- Let them know that we as coaches are there to help make their jobs as easy as we can during our time in their school. Assure them that you plan to follow the contract guidelines, and will leave the gym and restrooms clean upon your departure each week.
- See if they have a cell phone number that you can contact them at in case you need to call for things like doors being locked, lights being off, needing a broom to clean the floor, and so that you can call to let them know you've left the building after your practice ends.
- Making this extra effort will go a long way in maintaining a good relationship with the schools we are guests in.

MEET WITH YOUR TEAM PARENTS

- Introduce yourself to each of your players' parents.
- Give each parent your contact information so they can reach you by phone or email if needed.
- Make sure parents understand that they are welcome to stay and watch their child practice, but they are NOT allowed in ANY other part of the school building during this time. This includes the siblings of your players, and it is the parents' responsibility to make sure that they are being supervised closely.
- Choose a parent to be your team's Gym Monitor.
- Remind parents and guests of players that there is absolutely NO smoking anywhere on school property, including the school parking lot. This is illegal in the state of Washington, and grounds for us losing our gym contracts.
- Please be sure to discuss the importance of sportsmanship during games.
- Let parents know that game shirts and schedules will be passed out at the practice before the first game. Each child will be given a shirt in the size that the parent ordered for them. If their shirt doesn't fit, or if at any time they need a replacement shirt, they can order a new one for \$10.
- Explain that snacks are welcome on game days, but they must be passed out and eaten OUTSIDE, not in the gyms. Also, when your team is playing the last game of the day, everyone will need to help stack chairs and pick up any garbage before they leave. If the gym is left in disarray, we could lose our contract....and gym time is scarce as it is!
- Be sure to tell them how excited you are to be coaching their children, and that this is going to be FUN for the kids! ☺