



Pre-Season Meeting Agenda Guidance

The agenda is divided up into three parts. Part I is for athletes and their parents/guardians. Part II the athletes are excused and sent to the team meeting (see agenda following this page) while parents/guardians remained with the Life of an Athlete coordinator. Part III parents join their athlete/child in the team meeting. Use dynamic speakers, have student athletes present materials where appropriate.

Part I Parent/Guardian/Athlete

- ▶ Athletes, parents/guardians, and coaches are provided with a clear description of the code.
- ▶ Expectations are reviewed on what it means to represent the school as an athlete.
- ▶ Up to date nutrition information related to athletic performance and recovery.
- ▶ Information on sleep and impact on athletic performance.
- ▶ Impact of alcohol and drugs on athletic performance (includes brain development).
- ▶ Review Life of an Athlete, Coach Commitment, and Parent Commitment. Everyone (parents/guardians, athletes and coaches) must sign to participate on a team.

Part II-a Parent/Guardian meeting

- ▶ When and how to talk to coaches.
- ▶ Being an “our team” fan not a “my kid” fan.
- ▶ A review of data collected from athletes (this is current data that includes their child’s team). See sample below.
- ▶ 89% of spring athletes report that athletes and their school use alcohol and or drugs during the season.
- ▶ 84% of spring athletes report that athletes on the team use alcohol and/or drugs during the season.
- ▶ 25% of athletes report that even though parents sign a code, they are willing to host parties that include alcohol & other drugs.
- ▶ The “hands on vs. hands-off parenting.”
- ▶ Strategies to support athletes to reduce access to alcohol and avoid being in the presence of illegal drug or alcohol use

Part II-b Student Athlete team meeting

- ▶ Reinforce team commitment to positive lifestyle choices.
- ▶ Importance of honoring the code.
- ▶ Setting goals for the year.



Part III Parent/Guardian join team meeting

- ▶ Review what was covered during the meeting.
- ▶ Each Player Shares their goal with their parent/guardian.
- ▶ Review Code of Conduct.
- ▶ Describe your expectations of parents/guardians and athletes.
- ▶ Parent/guardian signs the goal card, coach keep the original.
- ▶ Copy of the goal card goes home with each athlete.