

**Athlete Committed Parent/Athlete Team Meeting**

This meeting will follow the Parent/Athlete Code Meeting

**Meeting objective**: Coach sends a clear message to the team about player character, team dynamics, and chemical health issues. To increase coaches, team, and parents understanding of athletes team goals and personal performance goals.

Total Time: 28 Minutes

1. **Team Meeting Purpose (1 minute)**

Coach: *Tonight’s meeting is to make sure all athletes and their parents have information on how to ensure the best athletic experience possible. My job at this meeting is to review our team’s goals and expectations.*

1. **Code of Conduct (2 minutes) Hand out Review. Sign**

**Coach:***I know what you do outside of practice or games will impact team performance. I do not want any player to waste our time by staying up late, trashing their body by eating bad, or coming to practice not ready to contribute 100%.*   *We just heard the impact that using alcohol or drugs has on performance.  I will not tolerate chemical use by the athletes on my team – I want all athletes to be honest with me.  If you are ever in a situation where you are in the presence of alcohol or drugs I expect you to leave and take all your team mates with you*.  *I also expect that you come directly to me with the situation – I do not want to hear from another coach, parent, athlete, teacher or principal about my team’s behavior before I do.*

1. **Review Team Data (3 minutes)**

**Coach:** *Our athletes recently took a survey. This survey helps me as a coach better understand what’s going on that could impact performance.  I appreciate everyone’s honesty on the survey – this gives us a starting point to plan our season.*

*I have written the responses to our data on the board (write on white board following data points).*

*56% of our athletes report that their teammates use alcohol and or drugs during their season.*

*28% of our athletes reported that team leaders are using alcohol or drugs during the season.*

*77% of our athletes say that drug and alcohol use by teammates effect team moral.*

**Activity (4 minutes) Share a Story about how drugs or alcohol impacted your team or a team at our school the last few years.**

*Coach: I would like to see our team create a culture of accountability where we hold each other up to the highest expectation.  Your time and my time is valuable and we will be investing a lot of time together – I want to be the best we can be. I also want our team to live by the code we all signed and agreed to.  I would like you share with me any upcoming social events/post-game activities/or circumstances that my create obstacles to this code (for example, what do you do on the weekends, what do you do after a big win/loss, etc.). In addition, I would like you to share ways you will support each other to ensure that our team is a success and there isn’t any teammate that does not adhere to the code.*

*For example – After every cross town rivalry there is a huge party, this year we will put together a post-game activity and ensure nobody is drinking.*

**Athletes**: Write down 3-5 things and then share with the group (record ideas on the white board).

1. **Goal Setting (3 minutes)**

***Coach****: Tonight we are all going to set a personal goal and a team goal. The team goal can be anything from winning league to the way you will support each other on & off the field/court etc.  The personal goal can include the number of goals scored or a PR for an event.  For each goal I want you to write* ***three things*** *that are going to get the team or yourself to that goal.*

*Example: Personal Goal – PR the one mile*

1. *Show up to practice early*
2. *Include lifting as part of my training*
3. *Bring recovery food – to recovery properly.*
4. **Parents Join Meeting** **– (1 minute)**

**Coach**: *Welcome parents – I have been meeting with the team and discussing the expectations I have as a coach. I want to reinforce that I will lead my team based on the Code of Conduct and expect every player to abide by the code. Athlete Committed has taken athletics to another level. Athletes have the opportunity to increase their skills; they also experience opportunities to build character.  I want to be clear that I will not tolerate substance use by athletes on my team and expect parents to support that expectation.  I would like all athletes to be honest with me and as parents I encourage you to coach your child to use honesty and integrity with his/her teammates and myself.*

1. **Review Team Data (3 minutes)**

**Coach:** *I know you are aware that athletes took a survey about their perception of their team and/or athletes at our school.  I would like to take this opportunity to share that data with you.  Read top three data point and add the data listed below (this should be written on the white board as well).*

*52% of athletes at our school report that it is difficult to find partiers where there is not alcohol and/or drugs.*

*20% of athletes at our school reported that although parents of athletes sign the code of conduct they are willing to host parties that include drugs and/or alcohol.*

*Our team has created a list of events, activities, or circumstances that can challenge their commitment to their team, they have also talked about ways to support each other.*

Ask player (S) to share the lists of ideas.

**Coach***: I would like all parents in the room to take an active role in supporting these ideas and helping your child make the right choice.  There are three things you can do to support your child this season.*

1. *Find a way to eat together as a family – families that eat together decrease their child’s involvement in alcohol, tobacco and other drugs as well as increase their overall mental health. Providing the meal also ensures they are eating good food and not junk food – they are training hard.*
2. *Ask your child where they are going and who they are hanging with. Get to know their friends and teammates.*
3. *The best thing that you can say to your child after a competition is “I enjoyed watching you play today”.*
4. **Goals (5 minutes)**

**Coach**: *At this time your child will share with you their team goal and their personal goad as well as the three things that will get them to that goal. Listen to what they have to say and share with them how you will support them.*

1. **Closing**

*Please sign in verifying you were here tonight, thank you.*