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COACHES RESOURCE

# Should I Coach My Kid or Not?

For coaches, balancing and managing relationships is a complex part of the job.

As the primary portion of the job of coaching and developing athletes, we also must consider the relationships that come as part of coaching youth athletes which automatically includes their parents/guardians. For a lot of elite youth coaches, the athletes they work with might have had their parents coaching them up until this point. Not only does that change the dynamics for the athlete but also for the parents. Parents might be left feeling out of control and confused about their next role in their child's sport. As coaches, we can help parents find the role that best suits them in their child's development, allowing you to continue to do your job to the best of your abilities while advocating for the athlete.

## SCORECARD

Managing parent relationships in elite sports can be challenging. Here are some ways in which coaches can bridge the gap with parents as they are shifting roles in their child's sport journey:

### Communicate the child's needs to the parent

As their coach, you get to see this athlete in moments away from home and in a competitive setting. This is a great opportunity to check in with your athlete as to how they are doing with the transition from parent to coach. Relay these observations and any feedback from the athlete back to the parents, providing them insight into how they can support them off the course (eg. emotional support, managing schedules, post round de-brief, etc.).

### Involve the parent in their child's development

Parents just want what's best for their kids. For some parents, the only way they know how to help their child is to feel that they are in control of the process. See if you can find ways to involve the parent in their athlete's development. This might look like communicating skills that could be worked on at home, sharing feedback that you've given to the athlete, different training ideas, etc. By providing some instruction to the parent, it might help them with the transition from coach to parent and help them feel a part of the process.

### Share your values/coaching philosophy

When working with parents, it may be helpful for you to share your coaching values and philosophy. This helps parents see the road map into their child's development and understand why certain coaching decisions are made. This also helps them feel more involved in the process. By communicating this to parents, you can also come back to this conversation throughout the season to reiterate your values and why you coach the way you do.

## FOLLOW THROUGH

When you reflect on your own journey in golf, how did your parents support you? Would you have changed anything about how they supported you? How can you support or advocate for your athletes who have intense sport parents?

**“Where I have had success with parents is when they come to sessions- so I invite them in, go through the details of the lessons so that they can actually be the person who is there. [Parents] will spend way more time with the athlete than the coach will, so acting as a supervisor of practice or a relay-er of knowledge is a phenomenal way to support your kid.”**

- Tristan Mullally, Golf Canada National Head of Talent Identification