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## Starting the Season Strong:

**It's that time of year again. The days are getting shorter and sports seasons have begun.**

**During this exciting time of year, make sure to start the season off strong, with both the athletes on your team and the parents of athletes.**

**Communication is key.**

**Begin the year with meetings for both parents and athletes to discuss the upcoming season. Holding a meeting is a key element of the PLACT philosophy and provides a venue to communicate goals, establish rules and outline a successful plan for a winning season.**

**At a meeting with parents, it's important to discuss:**

- Logistics, such as times and locations for practices and games
- The Play Like a Champion Today® philosophy, sport as a means of physical, moral and spiritual development, as well as the role that you as a coach expect to play in that development
- The PLACT playing time philosophy and how it will play out on your team.
- Expectations for positive parental support throughout the season.
- Contact information and boundaries for communication (i.e. when/where you can be reached)
- Elicit the formation of a Parent



**"I try to see each new season as a new challenge because I have a new team to work with, new opponents to encounter, and often new ideas and theories to try."**

~ Coach Mike Krzyzewski

Champion Committee to manage both parental logistics and promote positive fan behavior

At an opening team meeting, it is important to discuss:

- What Champion-Centered goals the team will strive towards: physically, mentally, and morally
- What rules will govern the team (guide the team in setting these goals instead of mandating them as the coach)
- The PLACT playing time philosophy
- Sports are meant to be fun and developmental!

It is important, especially at the team meeting, to allow discussion. Players will get more out of the season if they feel they have some ownership of their team. Parents will understand their role as a supportive partner of the team if they are included in planning for the season and their role is defined.

And after team meetings, don't let the communication stop! With both parents and athletes, be sure to check in on a regular basis about the progress that you and the team are making towards having a successful season!

Good luck to you as you start another season filled with opportunity! And don't forget to **PLAY LIKE A CHAMPION TODAY!**