



[insert school name]
Pre-season meeting Agenda
[insert date]

TIME	SUBJECT	PRESENTER
	WARM UP ▶ Registration, Sign-in	
	RULE BOOK ▶ Code review ▶ Expectations for participation (athletes, parents/guardians and coaches) ▶ Impact of lifestyle choices on performance ▶ Sign codes	
	FAN BASE (Parents/Guardians break out) ▶ When and how to talk to coaches ▶ Being an “our team” fan vs. a “my kid” fan ▶ Local stats on alcohol and drug use ▶ “Hands on vs. Hands off Parenting” ▶ Strategies to support and encourage athletes to make positive lifestyle choices.	
	TEAM HUDDLE (Student Athletes break out by team) ▶ Team commitment to positive lifestyle choices ▶ Importance of honoring the code ▶ Setting goals for the year	
	TEAM SPIRIT (Parents/Guardians join Team) ▶ Each player shares their goal(s) ▶ Review Code of Conduct ▶ Describe your expectations of parents/guardians and athletes ▶ Parents/guardian signs the goal card	
	FINAL BUZZER ▶ Copy of goal card goes home with each athlete	