



PRE-SEASON MEETING

Steps for an Athletic Director or LoA Designee¹ Conducting a Pre-Season Meeting

STEP 1: SEND A LETTER TO PARENTS

Send a letter to remind parents that the pre-season meeting is mandatory and covers:

- Impact of lifestyle choices on performance
- Codes of conduct
- Expectations
- Scheduling
- Eligibility
- Health information (concussion testing, health waivers, etc.)

STEP 2: HOLD THE PRE-SEASON MEETING AND INCLUDE:

- Education for attendees on the effects of alcohol and drugs
- Survey data or student opinions of the use of alcohol and drugs of students
- Reminders to parents of their responsibility to model good behavior and communicate their disapproval of alcohol and drug use

STEP 3: REVIEW THE CODE ALONG WITH EXPECTATIONS AND CONSEQUENCES FOR BEHAVIOR

- Take the time to review what is in the code
- Don't rely on parents to define the consequences for code violations
- State that the consequences are set to hold students accountable and that the consequences will be enforced for all violations

STEP 4: COLLECT SIGNATURES

Read the signature line out loud, emphasizing that their signature is more than a cursory measure. It states that they have knowledge of the code, they understand the code, and they agree to the code.

- Be sure the parent/guardian, child and coach sign the code

STEP 5: ESTABLISH PARENT/FAN EXPECTATIONS

- Being a positive role model helps create the best athletic experience possible
- Being a “team” fan, not a “my kid” fan
- Being respectful of what a student athlete says in any controversy, but acknowledging that it is normal for youth to slant the truth to their advantage in these situations in order to keep playing
- Showing respect for the opposing players, coaches, spectators and support groups
- Being respectful of all officials' decisions
- Not talking strategy before or after a game as it may contradict the coach's plans and strategies
- Praising student-athletes in their attempt to improve themselves as athletes and individuals
- Gaining an understanding and appreciation for the rules of the sport
- Recognizing and showing appreciation for an outstanding play by either team
- Teaching that success is experienced in the development of skills and that it's beneficial to feel positive about skill development during the season, regardless of the team's record
- Taking time to talk with coaches in an appropriate manner about a concern. It is important to remain respectful and follow the designated chain of command
- Supporting the alcohol, tobacco and other drug-free policies by refraining from the use of any such substances during athletic contests
- Supporting student athletes by holding them accountable for their commitment to non-use of substances as outlined in the Code of Conduct
- Not hosting parties that have alcohol or drugs or allowing student athletes to be at a party with alcohol or drugs

* LoA designee is a person appointed by the Athletic Director, Principal, Superintendent and/or School Board to act as an advisor to oversee implementation of the program