



# Beyond Winning

Whole Child Sports

## Choosing a Coach

### A Parent's Checklist

## CHOOSING A COACH: A PARENT'S CHECKLIST

*While you will always need to remain active in guiding your child's sports life, at some point you will pass on the coaching baton to more experienced individuals. Finding a good coach for your kid is important—and not always easy. As you search, keep the following questions in mind:*

- 1. Does the coach encourage fair play and emphasize honor and self-control?**
- 2. Does she place more emphasis on winning or participation? Is she willing to select the players who give their best for the team as opposed to those who are gifted but may be selfish and unreliable?**
- 3. Is he aware of the social dynamic in the group, and can he relate on a deeper level to some of the issues he may be confronted with? Is he active in organizing social as well as sporting events for the team and their friends and families?**
- 4. Is she a good role model? Your son or daughter may identify strongly with the way the coach lives. Are you comfortable with this?**
- 5. Does he overtrain or overexert the players?**
- 6. Does she take winning and losing personally and transfer her frustrations onto the players?**
- 7. Does he encourage positive self-image of all players and affirm their strengths as well as attempt to improve their weaknesses?**
- 8. Does she give too much attention to the "star" of the team, neglecting the others?**
- 9. Is he willing to relate to, and not exclude, the parents of the players?**

