



Parent and Coach Self-Assessment

By **Shelba Waldron** – Director of Club Education and Outreach, USA Gymnastics

Parent Self-Assessment for Athlete Support

- Do I emphasize the process of learning and having fun more than winning a medal?
- Do I show my child that it is ok to grow in the sport at their own pace?
- Do I avoid comparing my child to others?
- Do I set goals with my child and allow them to have a say in their own process?
- Do I encourage my child to advocate for themselves with their coach?
- Do I avoid trying to coach my child and adding additional training pressures without discussing it with the coach?
- Do I provide love and support regardless of the outcome of the meet?
- Do I help my child understand the importance of working hard in practice?
- Do I hold my child accountable for unsportsmanlike behavior during practice or a meet?
- Do I avoid focusing most of our conversations at home on gymnastics?
- Do I avoid considering my child's gymnastics participation as an investment toward a future financial or competitive return, such as college scholarships or team placements?
- Do I avoid criticizing my child for their performance in a meet?
- Do I support all gymnasts on the team?
- When talking to my child, do I speak positively about their coach?

Parent Self-Assessment for Personal Behaviors and Communication

- Do I inform the coach/club in advance when my athlete will miss practice due to vacations, family events or school related activities?
- Do I inform the coach/club of any medical related needs or concerns my athlete might have?
- Do I keep the coach/club informed of any changes in mine or my child's schedule that would require them to be consistently late or must leave early?
- Do I monitor the volume of my voice during practice and meets?
- Do I avoid gossip about other athletes, parents, coaches, or club members?
- Do I take concerns I have with the coach or the club immediately to the person I am concerned with or their supervisor?
- Do I participate in volunteer opportunities when I can?
- Do I attend club or team meetings?

Coach/Club Self-Assessment for Parental Communications

- Do I try to understand empathize with the challenges of the parents and athletes I'm coaching?
- Do I meet with the parents in person if they have a concern?
- Do I immediately address concerns?
- Am I consistent and fair when managing concerns of parents?
- Do I treat the parents as a partner in the process of coaching their child?
- Am I open to learning from the parent about more effective ways of reaching their child?

- Have I made the expectations for participation clear such as financial, volunteer and fundraising requirements?
- Do I set competitive goals with the athlete and parent?
- Do I help the parent and athlete set realistic and attainable goals?
- Am I transparent about my coaching process?
- Am I flexible in my coaching methods?
- Do I set quarterly/annual meetings with the parents to collectively discuss club related news and processes?
- Do I set clear and professional boundaries with the parents?