

***FRAZEE HORNETS  
PARENTS / GUARDIANS ACTIVITIES GUIDE***

*GRADES 7-12  
FRAZEE HIGH SCHOOL  
FRAZEE, MN 56544*



***Being a Supportive Parent / Guardian of a Student Involved in  
High School Activities.***

## Parent / Guardian Participant

The purpose of this guide is to assist the parents and guardians of the student who participate(s) in our programs. Being a parent can be difficult and a trying experience for both the parent and student. Participation in high school activities can be a fulfilling and positive life experience if everyone has a better understanding of the issues and concerns that surround students' participation in interscholastic activities.

We feel it is vital to share this information with you to help ensure a positive experience for your son or daughter.

If you ever have questions about rules and regulations that govern our activities please look over the website at the Minnesota State High School League or contact them.

Contact:

Minnesota State High School League

2100 Freeway Boulevard

Brooklyn Center, MN 55430

763-560-2262

\* You can also find everything you need on their website. [www.mshsl.org](http://www.mshsl.org)

***Discuss with your child what your goals and their goals are in activities?***

- Become a good athlete / participant
- Learn to play the sport or activity
- Win
- Gain increased self-confidence
- Learn to deal with defeat
- Physical Fitness
- Learn “life lessons”
- Have Fun
- Make Friends
- Earn a college scholarship
- OTHER\_\_\_\_\_

Make sure you both are clear on what your goals are while being involved in activities!!

**Why Kids Participate in Activities**

1. Have Fun
2. Improve Skill
3. Develop fitness/exercise
4. Be with Friends
5. Experience thrill and excitement
6. Be on a team
7. Opportunities for personal accomplishment
8. Stay in shape
9. Do something I am good at
10. Win

**Top Reason Why Kids Quit**

1. Not having fun
2. Too much pressure from parents and peers
3. Too much emphasis on winning
4. Concerns about coaching
5. Not enough playing time

## WHAT CAN YOU DO AS A PARENT

### Before the Game

- Tell your child you are proud of him or her regardless of how well he or she plays.
- Make a commitment to honor the game no matter what others may do.

### During the Game

- Cheer good plays by both teams
- Mention good calls by the officials to others
- Encourage others to respect the game
- Remember to have fun. Enjoy the day.

### After the Game

- Ask some of the following questions
  1. What was the most enjoyable part of the game for you?
  2. Do you feel you gave it your best effort?
  3. How did you respond to any mistakes made?
  4. What did you learn from playing today?
- Tell your child you are proud of him or her--especially if the game didn't go well.
- Thank the officials for doing a difficult job.
- Thank the coaches for their effort.

### What if:

- The official makes a "bad" call against your team? Respect the game-- be silent!
- Another spectator on your team begins to berate the official? Ask them to respect the game, the officials are human and will make mistakes!
- Your child does not get to play in the game? Review the reasons Why Kids Play Sports.

## What Parents Can Expect From Their School

### Communications you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child
3. Location and times of all practices and games
4. Team requirements--practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communications that coaches may expect from parents:

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coaches philosophy and or expectations
3. Concerns about your child's behavior

-- Coaches are teachers and make judgement decisions based on what they believe to be the best for all students involved.

Issues not appropriate to discuss with the coach:

1. Playing Time
2. Team Strategy
3. Play Calling
4. Other student-athlete

If you have any question please don't hesitate to ask: [ncourneya@frazee.k12.mn.us](mailto:ncourneya@frazee.k12.mn.us) or 218-334-3181 ext. 5303.