



# THE COACHING YOU

## How to Manage Parent Expectations

by Dennis A. Johnson, EdD

*USA Today* High School Sports (April 25, 2017)

***Clayton Castor, a Michigan high school basketball coach has resigned after leading his team to the regional championship game stating "At the end of the day, the reason why I am resigning is because of parents."***

One of the most stressful aspects for a wrestling coach is learning how to successfully deal with the parent expectations for their son or daughter. Parents often stereotypically perceive their offspring as just a cut above the other wrestlers in the room. They often express thoughts that more work, harder work, and a never-rest training regimen will turn their little grappler into a state champion.

I have three suggestions which I believe a coach can do to help shape parent expectations in a more

NWCA Coaching  
Development Blog

***Scholastic  
Program Wrestling  
Coaches:***

How to Manage  
Parent Expectation

Dennis A. Johnson,  
Ed.D

Associate  
Professor-  
Jamestown  
Community College  
(SUNY)

Assistant Coach at  
Eisenhower High  
School in PA

Author of *Wrestling  
Drills for the Mat  
and Mind*

realistic and positive manner. First and this is recommended by all major coaching education programs, hold a pre-season parent education seminar (1). Second, provide parents with a simplified research-based packet on long term athletic development and sport specialization. And finally, help parents approach the sport with a success versus winning philosophy.

**Parent Education Seminar:** Research any major coaching education program and include components suggested (i.e., philosophy, risks, player rules, and parent guidelines to be a good sport parent).

**Long Term Athletic Development & Sport Specialization Packet:** Provide a packet that includes aspects of LTAD (which have been discussed in previous blogs) and the benefits of multi-sport specialization. Remind parents that young athletes need rest and time off from sport training. Also, remind them that the optimal time to begin to specialize in our sport is around 15-16 and that even then it is ok and even beneficial to participate in other high school sports.

**Discuss Success Versus Winning Approach To Wrestling:** Educate parents in the many benefits of taking a task-oriented approach to wrestling. In other words, success of the child should be measured from an individual perspective and where the focus is on improvement of their skill set rather than on winning.

Managing parent expectations can be a challenge. However, coaches can ease the stress involved by following the above-mentioned strategies. Also, check out the NWCA *Wrestling Coaches Resource*

[DennisJohnson@mail.sunyjcc.edu](mailto:DennisJohnson@mail.sunyjcc.edu)

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*Manual (Scholastic Edition)* for more ideas on helping to shape parent expectations for next season.

Find a way and make things happen!

References:

1. Martens, R, (2012). *Successful coaching*. Champaign, IL: Human Kinetics.



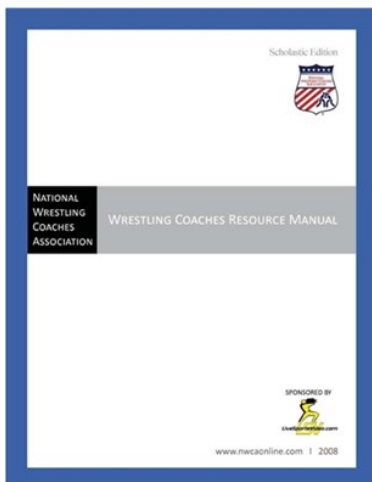
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## FEATURED PRODUCT



**The NWCA Scholastic Coaches Resource Manual:** The NWCA, through a collaborative effort with nationally renowned high school coaches Dave Crowell (Nazareth, PA) and Dave Caslow (Philipsburg, PA), has developed the ultimate resource guide for the junior high or high school coach. With over 50 years of coaching experience and over 750 combined wins, the two legends have designed the resource to serve as a “standard code of operating procedure” for junior high and high school wrestling programs.

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