

# How to COACH GIRLS

[www.howtocoachgirls.com](http://www.howtocoachgirls.com)

## Pre-Season Logistics

Things to do and decide:

- Set up a captain/co-captain schedule
- Will you have a parent volunteer to handle weekly emails/logistics?
- Team snacks for half time and/or after games?
- Is your daughter on the team? If yes, make sure you talk to her about your coaching role and how it will feel different during practices and games

First email to parents and players before the season begins:

- Information about practices (times/location) and game schedule.
- Pre-season parent meeting? If so, set a date/time/location.
- Ask for emails and cell phone numbers of all parents/guardians.
- Send out medical release forms for parents to give information on allergies and any medical conditions.
- If a player wears contact lenses, ask parents to bring an extra pair for the Team Emergency Medical Kit.
- Let them know there will be a weekly email reminder about upcoming practices and the game for that week if that is your frequency.
- Have the player contact the coach if she is going to miss practice or a game. Let them know that you are teaching your players self-advocacy by having them contact you (or the parent volunteer team manager) regarding any issues, concerns, or schedule conflicts.

Attach the following files for parents and players:

- Captain-Co-Captain Schedule
- Medical Release Form
- Parent Code of Conduct Contract
- Player Code of Conduct Contract
- Create Emergency Medical Kit