

# REDBIRD NEWSLETTER

Volume II  
Edition II

**Work hard**



**No regrets**

9/16/20

## Fall Update

Fall Sports are up and going and the coaches and student-athletes are working hard. Boys & Girls Cross Country, Boys & Girls Golf, Girls Tennis, and Girls Swim, are all the fall sports that are in action. Please check out the Alton Athletic Webpage (<https://altonathletics.org/>) for schedules, updates, pictures, rosters, etc. Also parents and fans can register to get email alerts (<https://altonathletics.org/auth/new>) when changes occur with the schedule or news is posted on the program you follow. We appreciate all of our student-athletes, coaches, and parents on being so flexible and understanding as we move through the COVID restrictions placed on Redbird Athletics by the IHSA and IDPH.

- The Girls Tennis will host the Robert Logan Memorial Tournament this weekend. Action begins Saturday at 8:30 am at Alton High School, Gordon Moore Park, and Triad High School.
- Natalie Messinger has continued after excellent play on the golf course after coming off a IHSA Regional 1<sup>st</sup> place finish last year. This year she has continued her excellent play this season and has been on a tear of late. She recently placed 9<sup>th</sup> at the Madison County Tournament, 6<sup>th</sup> at the Belleville Invite, 4<sup>th</sup> at the Marquette Blast-Off, and 6<sup>th</sup> at the MetroEast Shootout.
- Senior Aiden Keshner of the Redbird Boys Golf team is playing very well also. Aiden recently carded an 81 in the Southwestern Conference Boys Golf Tournament at Stonewolf Golf Course under some tough conditions. This was good enough for 6<sup>th</sup> place that day.
- The Redbird Cross Country squad will hold the annual Alton XC Invite next Wednesday at Gordon Moore Park. Action will begin at 3:45pm with the Girls Varsity race with the Boys Varsity race to follow and the JV Boys and Girls races to wrap up the event. 5 teams will be in action that day.

**Sportsmanship**  
It Does Matter

**Go Redbirds**

# Parent/Coach Communication Guidelines

## The Parent/Coach Relationship

We are excited your son/daughter has decided to participate in REDBIRD Athletics. We will do all we can to provide a positive and rewarding experience. One of the most critical components is the communication process between coaches and parents. Both parenting and coaching are extremely difficult, but rewarding roles. By establishing an understanding of each position and specific role in the athletic program, everyone is better able to accept the actions of the other and provide greater benefit to students. Parents have the right to understand what expectations are placed on their student. This begins with clear communication from the coach of your student's program. Coaches and parents are expected to encourage and praise students in their attempt to improve themselves as students, athletes, and citizens. Parents can facilitate this by gaining an understanding and appreciation of all aspects of the sport and the expectations placed on your student.

## Communication to Expect from the Coaching Staff

1. Philosophy of the coach and program.
2. Expectations the coach has for your student as well as for all the students involved in the activity.
3. Location and times of all practices and contests.
4. Team requirements (fees, special equipment, off-season conditioning.)
5. Procedure should your student should follow if injured during participation.
6. Policies for the school and program.
7. Code of Conduct Requirements.
8. Letter Award Policy
9. Information related to injuries, health, safety, and rehabilitation.

## Appropriate Concerns to Discuss with Coaching Staff

1. The treatment of your student mentally and/or physically.
2. Ways to help your student improve, to possibly see more playing time.
3. Concern's about your student's behavior.
4. Concerns about academics.

## Issues NOT Appropriate to Discuss

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes/participants.

**Remember that the purpose of any meeting is to find a positive outcome.**

*Ask not what your teammates can do for you. Ask what you can do for your teammates*

**- Magic Johnson**

### *The Countdown...*

- 0 days for each Redbird to get better!
- 3 days until Robert Logan Girls Tennis Tour

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