

The Parent–Coach Accommodation Conversation

How to talk with your child's coach about accommodations without creating conflict.

THE GOAL

The goal isn't to get your child special treatment. It's to help them access the same opportunity to learn, practice, and compete. **Parents know their child. Coaches know the sport.** The best conversations combine both, so start with collaboration, not confrontation.

● Explain the Barrier, Not Just the Ask

INSTEAD OF SAYING

TRY SAYING

"He needs preferential seating."

He has trouble processing instructions from far away; being closer helps him follow along.

"Can you give her extra time?"

She needs a few extra seconds to process multi-step instructions.

"My child can't handle this."

My child has difficulty with this.

"He can't follow verbal instructions."

He does better when instructions are paired with a demonstration.

"She can't handle the pressure."

When a lot is happening at once, she may need more processing time.

● Bring a Solution, Not Just a Problem

"Could you give him the first instruction before the group starts?"

"Would it help to demonstrate the drill once before they begin?"

"Could she repeat the assignment back to you?"

Make it practical in the context of the sport.

● Share. Ask. Listen. Collaborate.

Share
what
helps



Ask what
they're
seeing



Listen for
their
view



Collaborate
on a plan

Then follow up: check back in with your child and the coach after they've had a chance to try it.

Parent Conversation Cheat Sheet

A simple script for starting the conversation.

Start: "I wanted to share something that may help you understand how my child learns best."

Connect: "What seems to help is..."

Explain: "We've noticed that..."

Follow up: "Can we check back in after you've had a chance to try it?"

"The best parent–coach conversations aren't about winning an argument. They're about finding a way for the athlete to succeed."

You are part of a team working together to maximize your student–athlete's success. — Accommodations to the Field