



## **HILLSBORO SWIM TEAM PARENT CODE OF CONDUCT**

Each parent must sign a Code of Conduct at the beginning of the swim year in order to participate on the team. Following is the Code with explanation given for broad items so the expectations are clear:

Parents will:

- A. Display proper respect and sportsmanship toward coaches, officials, board members, facility staff, swimmers, other parents, and the public.
  - Recognize that we are a team and rely on the cooperation of the many individuals listed above to thrive and have a healthy organization.
  - Avoid participating in negative conversations about any swimmers, opponents, parents, facilities, pool staff or coaches.
  - Demonstrate good sportsmanship by conducting oneself in a manner that earns the respect of your child, other swimmers, parents, officials and the coaches at meets, practices and team events.
  - Address concerns or disagreements in a civil manner, according to the communication guidelines in the team handbook.
  
- B. Work in support of the team mission statement toward all swimmers, promoting “long-term athlete development as well as the growth of character and sportsmanship.”
  - The attitudes and behaviors of the parents in regard to their outlook on the sport have an important effect on the child. Set an example of a healthy attitude toward competition that your child can follow. Do not impose your ambitions on your child.
  - Teach children to find intrinsic rewards and motivation. Avoid giving materialistic rewards for good performances. It devalues the accomplishment itself and puts all the emphasis on the prize.
  - Provide support and encouragement. This includes giving credit to a swimmer for effort, improvement and sportsmanship. This can occur whether or not a swimmer achieved a winning time or qualifying cut. Sometimes encouragement is most needed after a rough event that didn't go a swimmer's way.
  - Don't expect swimmers to swim best times every time. They won't!
  - In swimming, as in life, nobody can win or succeed all the time; there will always be some disappointments. Teach resiliency and perseverance.
  - The HEAT is not only building great swimmers; we take pride in and strive to build great people who happen to be swimmers.

- C. Participate on the team within your role, and not interfere with others as they perform their role: swimmers swim, coaches coach, officials officiate and parents parent.
- Trust and support your swimmer. This includes, but is not limited to: their swimming goals, training and event focus.
  - Trust and support your coach. This includes, but is not limited to: squad placement, training, stroke technique and meet event selection. **DO NOT ATTEMPT TO COACH YOUR SWIMMER.** It interferes with the athlete-coach relationship, a crucial bond needed for greatest success. A swimmer's stroke technique, training, and performance in meets or practice are to be evaluated by the coach, as there are many factors that make up an accurate evaluation. Learning to be a competitive swimmer takes time and follows a progression.
  - The HEAT requires parent participation at swim meets and team events. It is part of the parent's role to volunteer at these events. Do not discourage other parents from participating in a volunteer position. If a parent is not performing a volunteer role in a way that seems satisfactory, be willing to step in and help that parent or take on the role yourself, rather than simply complaining.
  - At a swim meet, do not question an official about a raised hand or disqualification they may have written. They cannot discuss it with anyone on deck except the Meet Referee. If you have a question or concern about a disqualification, please see your Coach. If you have a concern about a particular official or how a meet is conducted, please see the Meet Referee.
- D. Remain in spectator areas during practices and meets.
- To ensure that coaches are able to give their full attention to coaching, we ask that parents stay off the main deck and in spectator areas during practice time.