

# Glenbrook Swim Club Family Code of Conduct/Responsibilities

## GSC Parent's Role, Expectations and Code of Conduct

In order to have a successful program, there must be an established understanding, respect and cooperation among parents, swimmers and coaches. The progress of each swimmer greatly depends on this triangular relationship. This code of conduct ensures that our entire community understands the expectations necessary to create an environment which nurtures our swimmers and supports the coaching staff. It is imperative for parents to give our coaching staff the respect and authority to run the team.

The expected role of the parent is to provide a caring and encouraging support system. Your support is essential to help your child reach his/her full potential as an athlete. Parents need to support their swimmers, even through failure, by consistently showing love and valuing hard work. In the long run, this support will help create confidence in the athlete to excel in practices and competitions. Parents serve as the main role models to their children, and in turn children frequently imitate their attitudes, so please strive to be **positive** role models. Most importantly, GSC parents need to demonstrate good sportsmanship toward coaches, officials, other parents, other teams and other swimmers at all times.

Please understand that the core principle of the code is a commitment that we all serve our roles to the best of our ability. The team works best when we let the

**Swimmers-Swim, Coaches-Coach, Officials-Officiate, Volunteers-Volunteer & Parents-Parent**

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As a Parent/s of Glenbrook Swim Club, I/we promise to abide by the following codes of conduct at practices, meets and all GSC functions:

- Practice teamwork with all parents, swimmers and coaches by fully supporting the values of Discipline, Loyalty, Commitment and Hard Work.
- Trust the expertise of the coaches and staff. Let the coaches coach. The GSC staff is professionally trained and continually studies the sport. Respect their decisions and know that they want the best for your swimmer as much as you do. Parents should not instruct any swimmer during practices or meets, under any circumstances.
- Honor the "swimmer and staff only" deck policy at all facilities. USA Swimming insurance strictly forbids parents on deck except for the purposes of meet management or volunteer timing.
- Demonstrate and encourage good sportsmanship by conducting ourselves in a manner that earns the utmost respect of my child, other swimmers, parents, officials, volunteers and coaches at all meets, practices and team functions. Understand that criticizing, name-calling, use of any type of abusive language, gestures or actions toward any swimmer, parent, official, volunteer or coach will not be permitted or tolerated.
- Lead by example with positive communication and actions if concerns arise. Any issues should be addressed immediately to a head coach so a meeting can be set up for resolution. Please do not discuss dismay with your swimmers or other parents, or on social media.
- Encourage our swimmer/s to actively communicate with their coach when swimming failures, poor races/meets, "swimmer plateaus", swimmer negativity and/or strife amongst teammates occur. Respect and polite etiquette is expected.
- Respect the integrity of meet officials and their decisions. Any questions are to be directed only to a member of the GSC coaching staff. Only coaches may approach officials for clarifications.
- Commit to meet our volunteer expectations for home and away swim meets with pride.
- Fully support the coach's decision to place swimmers in groups where the individual swimmer will succeed best and gain self-confidence.
- Refrain from comparing our swimmers to others in the pool, other teams or siblings. Every swimmer is unique and develops differently and independently from one another. Our coaches design and develop their program structures with a lot of thought, research and experience behind it. As our mission states, our focus is on your swimmer's long-term development and creating into well-rounded athletes.

We, as GSC parents, fully understand and agree to the above terms and conditions set forth by the Glenbrook Swim Club in exchange for the privilege of our child(ren), registered with this agreement, participating in the swim program & activities of the Glenbrook Swim Club.

Should we conduct ourselves in a way that brings discredit or discord to Glenbrook Swim Club, District 225 and/or USA Swimming, we voluntarily subject ourselves to disciplinary action. GSC maintains the right to terminate any membership at any time with or without cause in the interest of our vision, mission statement and objectives.

# **Glenbrook Swim Club Family Code of Conduct/Responsibilities**

## **GSC Swimmer's Role, Expectations and Code of Conduct**

All swimmers are team members as well as representatives of Glenbrook Swim Club (GSC). Proper behavior by all members has a positive influence on individual and team performance, while reflecting a strong image of the GSC community. Compliance with this Code of Conduct is a condition of membership for all team members. By completing registration, you agree to abide by the requirements of this Code of Conduct and agree that you are subject to disciplinary consequences for any violation of the Code.

As a member of the Glenbrook Swim Club, I pledge to abide by the following codes of conduct at practices, meets and all GSC functions:

- Conduct myself with dignity, understanding that my behavior reflects the entire GSC community.
- Demonstrate a respectful attitude at all times toward coaches, staff, other swimmers; this includes facilities and personal property. I will do this by:
  - arriving on time and properly prepared for all practices, dryland & meets
  - listening attentively and following directions of the coach
  - putting forth my best effort at practices in order to improve my skills and times in all strokes
  - reporting to my coach immediately after every race at meets to discuss race feedback
  - accepting and standing by the decision of an official or my coach
  - communicating directly and politely with my coach when a concern arises
  - cleaning up after myself and obeying the rules of each facility
  - complying with all team rules, District 225 rules and all outside meet facility rules
- Practice and promote good sportsmanship at all times.
- Promote positive team spirit and morale as well as create an encouraging atmosphere for teammates and opponents. Sit in the designated team area and positively cheer on my teammates while at all meets. At no time will coaches search outside the team area for swimmers during competitions.
- Wear the appropriate GSC attire during meets and represent the team with pride.

**PROHIBITED BEHAVIORS:** At no time will the following be accepted:

- I will not strike, push, threaten to strike, or otherwise physically or verbally intimidate a teammate, opponent, or spectator before, during or after a meet or practice.
- I will not participate in any rough tactics during the course of any meet or practice.
- I will not participate in an abusive, verbal attack upon any official, coach or individual in or out the pool.
- I will not display any trash talk, profane, obscene or vulgar language, under any circumstances, in or out of the pool.
- I will obey the rule that no bullying or isolation of another swimmer is tolerated.
- I will use any electronic media (texting, Facebook, Twitter, Instagram, etc.) for positive communication only.
- I will not partake in any illegal substance including tobacco products; consume alcoholic beverages and/or drugs.
- I will not engage in unsportsmanlike conduct such as throwing equipment or any other forceful action at any time.
- I will not damage property, steal, or display any type of destructive behavior at any time.

**CONSEQUENCES:**

- 1) The first occurrence will result a conversation between the swimmer and coach with possible expulsion from current practice.
- 2) The second occurrence will result in the swimmer being expelled from current workout or meet and future workouts and meets until a meeting with parents has been conducted.
- 3) The third occurrence will result in the swimmer being expelled from the club for the remainder of the current season without refund and barred registration from future GSC swim seasons.