

**Vacationland Swim Club
Behavior Guideline for Swimmers & Parents**

The following behavior guidelines identify principles that we expect all members of the VSC Family to demonstrate and uphold. They remind us of why we are involved in youth sports, especially in the midst of competition.

- 1 Promote good sportsmanship by setting an example and by helping others do likewise. VSC swimmers win graciously, lose graciously and congratulate his or her opponent win or lose.
- 2 Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first. **PARENTS ARE RESTRICTED FROM BEING ON DECK DURING PRACTICE OR SWIM MEETS BY USA SWIMMING RULES.**
- 3 All opposing teams, including their swimmers, coaches and fans, want the same positive experiences for their swimmers as we do. Help us all achieve our goals by avoiding criticism whether verbally or by gesture.
- 4 Know and uphold the rules, regulations, board and coach approved polices, and by-laws that are designed to maximize the experience for all swimmers and parents.
- 5 Realize that coaching from parents easily confuses swimmers and that they benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and hug before and after races will help them the best.
- 6 Maintain open and honest communication among all members of the VSC Family. We'll reach our common goals by working together.
- 7 We are guests in all facilities we use. Follow and respect all rules and procedures of the pools we use.
- 8 Refrain from illegal or inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives. **THIS INCLUDES BUT IS NOT LIMITED TO; VERBAL ABUSE TO A COACH, PARENT OR SWIMMER, FORCEFULLY SHOVING OR OTHERWISE TOUCHING ANOTHER PARENT, COACH OR SWIMMER SO AS TO THREATEN OR CAUSE HARM.**
- 9 Recognize that all members of the VSC Family put forth their best efforts, but none of us are perfect. We look forward to constructive suggestions and recommendations made in a positive manner, at appropriate times and places, and designed to help us improve our future performance.
- 10 If the disruptive behavior persists, the coach (es) and the swimmer (s) will schedule a meeting to discuss and resolve the problem. Parents will be notified of the problem by the coach.
- 11 If the problem continues, a meeting between coach, swimmer, parent, and Board liaison will be set up in attempts of remedying the situation.
- 12 If all of the above steps fail to rectify the problem and the disruptive behavior continues, the swimmer may be dismissed from the team.
- 13 **Such behaviors that are seen as serious, dangerous, and/or defamatory for VSC will illicit strong sanctions; these may be cause for immediate suspension from the club even on a first incident basis.**

I recognize my responsibility to abide by the Behavior Guidelines as set forth by Vacationland Swimming.

Parent(s) Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

Athlete Signature: _____ Date: _____