

# MBSC Parent Rules



1. As a parent, I **will not** coach or instruct the team or any swimmer at a practice or meets (from the deck or any other area) or interfere with coaches on the pool deck.
2. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at the meets and practices.
3. Parents shall refrain from disrupting the practice in any way. Parents are not allowed to talk to their swimmer or interrupt practice unless an emergency or immediate safety concern, as this disrupts the entire group and focus of the practice session. Parents are asked to wait or watch on the side of the pool deck or seated at the picnic tables and may view their swimmer from there.
4. Parents are expected to keep non-swimming siblings from running around on the deck unsupervised during practice, as this is a distraction and of safety concern. Non-swimming children shall be supervised by a responsible adult while participating in any USA swimming sanctioned activity.
5. Parents are encouraged **TO COMMUNICATE WITH THEIR CHILD'S COACH** and in the manner described above. The appropriate time is well before practice or after practice. Communicating with coaches during practice disrupts the workout for the entire group. We want to talk with you. You can email us and can request a return call or appointment or visit with us after practice. This includes refraining from speaking/gossiping to other parents or having another parent speak to your swimmers coach on your behalf. Parents with any issues or concerns should speak directly to their swimmers coach. The MBSC coaching staff and BOD cannot interfere/mediate nor be held responsible for any communication or actions made by individuals outside of "MBSC" time.
6. Parents are expected to time and volunteer for jobs as needed by our club at swim meets
7. Parents are encouraged to volunteer for activities, including participation in our team fundraising activities; annual swim a thon, USA swim meet(s) hosted by MBSC and to learn to be a USA Swimming Official.
8. Maintain self-control at all times. Know my role: Swimmers - Swim; Coaches - Coach; Officials Officiate; Parents - Parent.
9. I, \_\_\_\_\_, as a parent, understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer or their family will not be permitted or tolerated.
10. Enjoy involvement in MBSC by supporting the swimmers, coaches and other parents with positive communication and actions.
11. During competitions, questions or concerns regarding decisions made by meet officials need to be directed to a member of our coaching staff. Parents address officials via the coaching staff only.
12. Young children (swimmers) shall be supervised by their parent or guardian in the locker rooms/ bathrooms.
13. I understand that if there is ever an issue between my swimmer and another swimmer that I need to involve my child's coach immediately. It is the coaching staff's responsibility to work out all swimmer conflicts. We do not want parents working with other parents to resolve conflict between swimmers.
14. I agree to let the coach know of any other activity that involves rigorous physical activity that my child may be involved in order to prevent injury, exhaustion or illness. It is especially important to notify the head coach and

coaching staff of any other swimming related activity and or weight training program. I understand that swimmers 13 and under, should not to be involved in a weight training program.

15. I agree to provide my child with sensible nutrition before and immediately following practice. I understand that swimmers have a special carbohydrate and calorie intake need. Soda, sugar and foods high in fats are not the best choices for a swimmer.
16. Share the burden among parents by volunteering to time at meets at which your children are swimming; volunteer to help at swim meets MBSC hosts, whether your children participate or not.
17. Support my swimmer in attending practices regularly, plus facilitating the attendance of MBSC host meets.

**I agree that my child (swimmer) and I will follow MBSC, USA and Pacific Swimming procedures and rules. I understand that not following these rules means the swimmer and or parent will be subject to a disciplinary process as determined by the Coaching Staff depending on the severity of the infraction. I also understand that failure to abide by these guidelines could result in the termination of my swimmer's membership with MBSC.**