## PARENT EXPECTATIONS:

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as a parent of a MOST Swim Club member, will adhere to the following guidelines during practices, competitions, and team events as deemed by The Parent Board, Coaches, Officials and Administrators.

The MOST Swim Club functions because parents are willing to volunteer their time and talents. Parent volunteers handle every aspect of the team, except coaching and swimming. Consequently, the help of every parent is needed

1. Provide encouragement and praise to your swimmer.
2. Meet swim team financial obligations on required due dates.
3. Provide transportation to and from all practices and meets. Parents are responsible to ensure swimmers arrive at the practice site safely so at some locations, children will need to be escorted to the pool. Parents are to be available to pick them up 15 minutes before practice is scheduled to end. Do not leave a swimmer at practice until you are sure there is a coach-present.
4. Assure that swimmers attend practice regularly and are prompt.
5. Stimulate an interest in your swimmer toward proper daily rest and diet.
6. Adhere to the MOST Swim Club values by **refraining from negative discussions about other swim clubs, their coaches, their parents and swimmers.**
7. Actively support any fundraising events, particularly the Invitational.
8. Support the coaching staff with enforcement of the rules/guidelines for swimmers.
9. During meets, supervise your swimmer when he/she is not on the pool deck.
10. Talk about safety considerations with your swimmer.
11. Read bulletin boards, newsletters, e-mails, and visit our MOST website at: www.mostswim.com.
12. Support the coaches and allow them to coach.
13. VOLUNTEER as needed:
    1. work as timers,
    2. scorers,
    3. announcers,
    4. oversee concessions,
    5. donate food for concessions,
    6. plan and run fundraisers,
    7. research accommodations and make reservations for the coach and team in distant cities,
    8. organize ribbons, medals and awards,
    9. update bulletin boards,
    10. ... And the list goes on.

I recognize my responsibility to abide by the rules and guidelines of the MOST Swim Club, which I am representing; and I acknowledge that I have received and read the rules and guidelines of the MOST Swim Club.

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_