

## **CCSC Parent and Swimmer Code of Conduct**

The Cape Cod Swim Club is an organization that believes teamwork, integrity, respect, and good sportsmanship are important skills for a young person to develop. We expect all of our members to support this part of our philosophy. With that in mind, athletes and parents should read over the codes of conduct below, sign the last page, and return it to their coach.

### **CCSC Parent Code of Conduct**

#### *Be a Role Model*

Parents should strive to set a good example for our children by showing respect and common courtesies at all times to team members, coaches, competitors, officials, and parents.

#### *Respect Our Facilities*

Pool time is a critical resource and we want to maintain excellent relationships with our facility owners. Please be responsible about picking up after yourself (or your toddlers) in the pool area, the locker rooms, the hallway, and the grounds. Please be respectful in any conversations you have with MMA coaches, faculty, staff or cadets, and VRF staff and members. And, if you ever feel the need to communicate with the Academy or the VRF, please direct any communication you wish to have through Coach Marc at the swim club office.

#### *Support Our Coaches*

We are very proud of our track record and of our staff, many of whom were former swimmers for the CCSC. Our methods for developing young people are proven. We take direction and guidance from USA Swimming and the American Swimming Coaches Association. Our coaches are credentialed through USA Swimming, have been background checked, and maintain current Safety Training and CPR certification. Please support our coaches as they strive to do what is best for each CCSC swimmer.

#### *Support our Club*

Our club has been in existence since 1971, making the CCSC one the longest-standing and most stable clubs in New England. In order for us to maintain our quality program, we need you to donate your time at our home meets and to pay your bills on time.

### *Respect the Classroom*

Recognize that CCSC coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet. Please consider the pool deck in the same way you would your child's classroom at school.

### *Know your Role*

Swimmers swim, Coaches coach, Parents parent. Moms and Dads, you are the emotional ballast. Your role is to give love and support. It is the coach's role to manage all aspects of the swimming career of the athlete including events entered at meets, technical skills, and training. Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice. Your unconditional love and support before and after workouts and competition will help them best.

### *Communicate*

We reach our common goals by working together, so please help us maintain open and honest communication among all members of the CCSC family. If you have concerns, please address it with the appropriate coach or staff in private. Avoid negativity with your swimmer and avoid gossip and negativity with other parents. If you still have concerns after speaking with the coach, then it might be a good time to get the Head Coach involved and/or Marc Solomon and/or Sarah Hawley. We all want to be part of your child's team in helping him or her move forward in a healthy environment.

### *Help Them Make Good Choices*

Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or offensive language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive, or disrespectful of others.

### *Start on Time*

So as not to disrupt the group, swimmers should arrive on time for all practices, meets, and team events. As a courtesy to our coaches, parents should arrive for

pick-up no later than the scheduled finish time.

### *You Are on the Team, Too!*

This club would not be as special as it is without the support of our parents! You can make the club better. Take pride in your volunteer role at our well-run meets, become an official, work on the board, help plan a fundraiser, help plan a group social. Support the swimmers, coaches & other CCSC parents with positive communications and actions. Enjoy being involved!

## **CCSC Swimmer Code of Conduct**

### *Be a Good Kid*

At all team functions, swimmers are expected to represent the CCSC with excellence, respect, team spirit, and good sportsmanship. Politeness and common courtesy to team members, coaches, competitors, officials, and parents is expected.

### *Follow Directions*

At all times, swimmers are expected to follow the directions of any member of the coaching staff, any officials, and any person who is a team chaperone. Disrespect or failure to obey instructions will not be tolerated from any athlete.

### *Pick Up After Yourself*

Swimmers are expected to show respect and care for our facilities and other property used during practices, competitions and team activities.

### *Start on Time*

Swimmers should arrive on time for all practices, meets, and team events.

### *Show Your Team Spirit*

Swimmers are expected to wear CCSC team swim suits, team T-shirts and team caps at all swim meets.

### *Make an Honest Effort*

Swimmers should be committed to putting forth their best effort every day. Make every practice, meet and team activity an opportunity to learn.

*Be Respectful of Your Teammates*

Disruption of practice by an athlete will be grounds for removal from the practice.

*We Are Not a Spa*

The locker room is not essential and behavior issues in the locker room may result in loss of locker room privileges.

*Keep Your Language Clean*

Swimmers are expected to use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.

*Keep Your Lifestyle Clean*

Any use of alcohol, tobacco, drugs, or other prohibited substance is not permitted.

*Keep Your Hands to Yourself*

Inappropriate sexual conduct is not permitted.

*Don't Be Mean*

Any use of violence, abusive or offensive language, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others is not permitted

## **Code of Conduct Agreement for Swimmers and Parents**

Please read the above Codes of Conduct, sign this form, and return it to your coach.

### **Swimmer Agreement**

I have read the CCSC Swimmer Code of Conduct and agree to follow the rules for behavior and sportsmanship while I am a member of the CCSC.

\_\_\_\_\_  
Swimmer's Name [print]

\_\_\_\_\_  
Signature

### **Parent Agreement**

I have read the CCSC Parent Code of Conduct and agree to follow the rules for behavior and sportsmanship while I am a member of the CCSC.

\_\_\_\_\_  
Parent/Guardian's Name [print]

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent/Guardian's Name [print]

\_\_\_\_\_  
Signature