

Parent Team Agreement

Do with Coaches:

- Leave the coaching to the coaches
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child. You can learn about your child from each other
- Inform them of relevant issues at home that might affect your child at practice.
- Inquire about the progress of your children. You have a right to know.
- Make the coaches your allies.
- Abide by the Deck Guidelines which allows parents on deck during the last 10 minutes of practice only.

Do for Your Children:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, and commitment.
- Show interest in their participation: help them get to practice, attend competitions, ask questions
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward for effort rather than results.
- Intervene if your child's behavior is unacceptable during practices or competitions.
- Understand that your child may need a break from sports occasionally.
- Give your child some space when needed. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humor. If you are having fun and laughing, so will your child.
- Provide regular encouragement.
- Be a healthy role model for your child by being positive and relaxed at competitions and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!

Deck Pass:

Create a Deck Pass account

Take full advantage of your membership online by creating a Deck Pass account

- See your child's personal-best times
- Track the meets they swim in
- Track your child's improvements
- Check out seasonal bests
 - Compare times to swimmers nationwide
 - See the digital patches they earn

I hereby authorize The Atlantic Club's permission to use my child's photograph in any and all of its publications, including but not limited to all The Atlantic Club's printed, digital, and social media publications. YES NO

Swimmer(s) Name: _____

Printed Name: _____

Parent/Guardian Signature: _____ Date: _____