

Sonoma Sea Dragons Swimmer and Parent Code of Conduct

- Swimmers shall be respectful of all coaches and teammates at all times during practice/meets
- Be prepared for each practice session with all gear: goggles, suit, extra cap, zoomers, etc. ready ahead of time
- Be respectful of your teammates feelings and personal space: the coaching staff has the right to remove any athlete from practice or competition if they exhibit any racist, sexist, or other type of derogatory remark/action toward another
- No purposeful physical hitting, splashing, spitting, belittling comments directed toward teammates or other athletes will be tolerated at practice/meets
- Swimmers who are sick, contagious, injured or wounded in some way must communicate to the coach before entering practice/meets
- Theft or vandalism at the Sonoma Aquatic Club or any competition venue may be prosecuted under the law. The swimmer's family will be responsible for any damage or fees collected related to these incidences.
- A swimmer must attend a minimum of 2 practice sessions the week of a competition to be allowed to compete. The coaches have the right to remove an athlete from a competition if their absences have not been cleared with the coaching staff prior to the meet

Sonoma Sea Dragons Parent Specific Code of Conduct

- Parents are not permitted to coach or instruct the team or any athlete from the stands or pool deck at practice or meets or interfere with coaches on the pool deck
- **Parents will not converse with athletes or coaches during practice unless for an emergency or immediate safety concern, as this disrupts the entire practice and focus of the group. Parents are asked to observe from the grass area or from the walkway nearest the entrance to the club**
- Parents are encouraged to communicate with the coaches. The appropriate time is before practice, after practice, or via email or phone. Communication during practices is disruptive and disrespectful to other athletes in the water.
- Criticizing, name-calling or foul language directed at coaches, other parents or athletes, officials, etc. will not be tolerated
- Parents are expected to time or volunteer at all meets your child attends
- Parents will let the coaches know of other activities that their children participate in, in order to minimize the risk of injury, illness, and overuse
- Parents will provide their children with adequate pre, during, and post workout nutrition. Swimmers have very specific nutritional needs. If you have questions, please ask the coaches.
 - o Examples
 - Pre-practice snack: apple, nuts, water
 - During practice: water (minimum) or sports drink with electrolytes
 - After practice: Clif bar, small sandwich, water