



PARENT CODE OF CONDUCT

*Make every effort to have your swimmers at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent.

*Remember that the coaches want to be very focused on our swimmers during practice and at swim meets. Parents should refrain from distracting the coaches during those times and are encouraged to communicate with the coaches either before or after the event.

*Parents should allow the coach to handle discipline, hurt feelings and minor injuries.

* At all club functions, whether practice, meets or social gatherings, it is expected that each parent behaves in such a way that their actions reflect positively on the team.

*Parents represent our team in and out of the water at all times. Any social media posting or comment regarding your team or coaches must be respectful and follow this code of conduct.

*Disciplinary action will follow that outlined in the Athlete Code of Conduct

*Remember: A PARENT parents and a COACH coaches.

The following article The Ten Commandments for Parents of Athletic Children, reprinted from "The Young Athlete" by Bill Burgess, offers useful and sound advice on communicating with your swimmer.

I. Make sure your child knows that – win or lose, scared or heroic – you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

II. Try your best to be completely honest about your child's athletic ability, competitive attitude, sportsmanship and actual skill level.

III. Be helpful, but don't coach him or her on the way to the pool or on the way back, or at breakfast and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and, often critical, instruction.

IV. Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his or her swimming skills and attitudes. Help them to develop the feel for competing, for trying hard, for having fun.

V. Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents, so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If they are comfortable with you, win or lose, they are on their way to maximum achievement and enjoyment.

VI. Don't compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment with your athlete.

VII. Don't compare the skill, courage or attitudes of your child with other members of the team, at least within their hearing.

VIII. Get to know the coach so that you can be assured that their philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under their leadership.

IX. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

X. Make a point of understanding courage and the fact that it is relative. Some of us can climb mountains and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear.