



# Parent Expectations & Code of Conduct

## How to be a Good Swim Parent?

There is and has always been much discussion on the importance of the Support Triangle structure of parent, athlete, and coach. Each plays a critical role in the development and success of the swimmer. Swimming is a very demanding sport, but through the hard work and perseverance, invaluable lessons are instilled. We strive for the athlete's long-term success and our goal is that they will continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops as a person, not just as an athlete.

Working together is crucial and we must keep in mind several general rules of thumb:

1. Swimming is a sport, sports are supposed to be fun.
2. Each part of the Support Triangle plays a specific role. By each maximizing our specific roles and working together, we maximize the potential for the swimmer.
  - a. Athletes: Always put forth best effort and strive for perfect attendance.
  - b. Coaches: Provide training and council on demands of the sport of swimming.
  - c. Parents: Provide consistency, love and unconditional support for your athlete.
3. Nutrition: As a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development, so it is important they are getting what they need.
  - a. No supplements. Get what you need from real food first.
  - b. Take a multi-vitamin (+maybe vitamin D in the winter). Soil nutrient levels aren't what they used to be and the demand on the athlete's body requires adequate vitamins and minerals.
  - c. Water, water, water! We don't really need to drink anything else. Hydration plays a major role in performance and recovery.
  - d. "Shop the Perimeter" It has been said that everything essential for your body to survive can be found on the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.
  - e. "Eat a Rainbow" Have a variety of colors of vegetables with every meal. One can't eat enough veggies.
4. Rest! Growing bodies need extra rest, and with training, rest becomes that much more important; 6-8 hours per night **minimum**.



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5. No Pressure. Anyone that spends as much time with their face in the water as our swimmers do learns to take it pretty seriously. Swimmers should already put pressure on themselves to perform. As Coaches, we also need to be able to put pressure on the athlete to perform. However, the Support Triangle will crack if it is getting pressure from all sides. It has been regularly noted, and through my own experience swimming and the people I swam with, the swimmers who made it farthest in the sport had parents who were mostly “Hands-Off” and did not put any additional pressure on them to succeed.
6. Show your swimmer that you support them! Being “Hands-Off” doesn't mean you can't get involved with your child's swimming. They need to know that you support their hard work and dedication to the sport and that you care about them.
  - a. Volunteer & Stay Connected: Help out at meets, meet and interact with other swim parents. WEST isn't just a swim team, it's a swimming community.
  - b. Provide transportation: We understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage carpooling.
  - c. Keep them happy: Although we all go through ups and downs, kids should be overall happy. If they aren't, please speak with their respective coaches so we can work on a solution.
7. Family, School, Swimming: Whenever facing hard decisions, remember the order of priorities.

The most important job as a parent is to SUPPORT:

- Support ALL WEST swimmers, yours and others.
- Support your age group and level.
- Support the coaches.
- Support other parents.
- Support positive communication.
- Support ALL WEST hosted meets as a volunteer.
- Support WEST and PNS / USA Swimming at all meets.
- Support ALL WEST fundraising opportunities.

and for your swimmer...

- Keep them fed, clothed and healthy.
- Bring them to practice.



**NO PARENT  
COACHING**



# Coaches' Expectations

## WEST Coaches' Expectations

Our goal is for each swimmer to reach his or her full-potential, not only as an athlete, but as a well-rounded person. Although we strive to maximize performance in the water, our main goal is to help our athletes grow and develop into highly successful young adults consistent with the **WEST Core Values** of *Honesty & Integrity, Sportsmanship, Respect, Hard Work, and Pride*.

### General Expectations

- Be on-time – "Early" is on-time "On-Time" is late.
- Don't coach your child.
  - Recent studies have shown that for many athletes, their least favorite aspect of sports was "the ride home" and the pressure put on them by their parents.
  - It confuses the child. As coaches, we give them critical feedback and focal points for improvement. We understand how challenging these items are and we demand the highest level of quality. We typically prioritize a few items to focus on and reinforce those items until they are mastered.
  - Parent coaching puts additional stress and pressure on the swimmer, often times reducing the amount of fun they have, which often leads to poor performance, burnout, and self-confidence issues.

### Practice Expectations

- Follow coach instructions at all times. Don't interrupt or talk when coaches are speaking and only ask questions when it is not disruptive to the rest of the group.
- Bring required training and dryland equipment to each practice.
- Always watch the pace clock and leave on the correct interval between swimmers.
- Swimmers must be picked up within 20 minutes of practice ending.

### Meet Expectations

- Warm-up during designated warm-up times, regardless of what time individual events are scheduled to happen. Swimmers are expected to warm-up with the team and be at the meet to support the team effort.
- Swimmers are to sit with the team during the meet, not in the stands with parents.
- Relays – Swimmers will support the team effort by competing on relays even if they do not compete in individual events on the same day.



# Core Values & Code of Conduct

## WEST Core Values & Code of Conduct

The WEST Code of Conduct is designed to maximize positive experiences of all WEST swimmers and ensure we are providing a fun, safe, and positive learning environment. Team members will refrain from any illegal or inappropriate behavior that is not consistent with WEST Core Values. All members, including parents, must follow the Code of Conduct as listed below.

- **Honesty and Integrity**
  - I will refrain from lying, cheating, stealing and all other illegal behavior.
  - I will engage in appropriate conversation at all WEST functions and whenever in a public setting, including online.
  - I will refrain from destructive, hurtful, and negative behavior.
- **Sportsmanship**
  - I will be humble in my victories and gracefully accept my failures and criticism.
  - I will support my teammates and cheer for them whenever possible.
  - I will remain in the water after my races and wait for all competitors to finish.
  - I will follow proper lane etiquette and refrain from behavior that will inhibit the progress of others.
- **Respect**
  - At all times, I will show respect for myself, teammates, coaches, officials, competitors and spectators.
  - I will respect the WEST facility by adhering to the Pool Rules and refrain from destructive behavior.
  - I will arrive on-time for all practices, competitions, and other team events.
  - I will bring all necessary equipment to practices and be responsible for my belongings.
  - I will not talk while coaches are addressing the group and will listen to directions carefully.
  - I will respect the decision of coaches and officials.
- **Hard Work**
  - I will always put forth my best effort.
- **Pride**
  - I will wear designated WEST gear to all meets, including team suit, cap and shirt.
  - I will always act in a manner that myself, my parents, and my coaches will be proud of.

### I also understand that:

- The possession or use of alcohol, tobacco products, or controlled substances by any athlete is prohibited.
- Disrespectful, indiscreet, or destructive behavior will not be tolerated.
- It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time.



# Dispute Resolution

## WEST Dispute Resolution Process

If a swimmer (or parent) feels that he/she is not being treated in accordance with the above expectations they should ask to address their concerns by scheduling a meeting with:

1. The Head Coach and/or group Coach  
and/or
2. A WEST Board of Directors member

If any swimmer or parent is in violation with the above Code of Conduct, discipline will be handled in the following (but not limited to) format based on the severity of the offense:

- Removal from practice and sent home for the day
- Meeting with swimmer(s), parents, coaches, and/or Board of Directors
- Further suspension
- Expulsion from the team

**Training fees are non-refundable due to suspension for misconduct.**

Should one be necessary, a committee shall be appointed by the Board, comprising the Head Coach, and a neutral adult member. In the event that the Head Coach is personally involved in a dispute, a neutral adult member(s) shall be appointed. The membership of the committee shall remain the same until there is total resolution of any given problem, but may change for any other non-related disputes.

*Swimmer: I have read and agree to act in accordance with the above Code of Conduct expectations and guidelines. I understand the consequences that will occur as a result of not following the Code of Conduct.*

<b>Swimmer Signature:</b>	<b>Date:</b>
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*Parent: I have read and understand the above Code of Conduct and agree to act in accordance with its expectations and guidelines. I understand the consequences that will occur as a result of my child or myself not following the Code of Conduct.*

<b>Parent/Guardian Signature:</b>	<b>Date:</b>
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