

## **Vallejo Aquatic Club**

### **Parent and Family Code of Conduct**

We strive to make each VJO activity - practices, meets and social events - fun for everyone. To that end, we expect everyone - swimmers, parents, coaches and officials - to adhere to the same Code of Conduct. The Code of Conduct outlines the principles of good sportsmanship. Swimmers and families are expected to adhere to the Code of Conduct at all VJO activities. Please adhere to the Code of Conduct in your interactions with your swimmer, other swimmers, other parents, each of the coaches and each of the officials.

- It is a mark of courtesy and gratitude to coaches to make sure swimmers are dropped off and picked up promptly for practice and meets.
- Honor financial obligations to VJO - pay all dues and fees on time and meet all fundraising obligations.
- Be on time and prepared for all your volunteer commitments.
- Exemplify good sportsmanship. Show respect and common courtesies and maintain self control at all times.
- Never ridicule or shout at your child, or others, for making a mistake or losing a competition.
- Applaud good efforts, whether by your team or your opponent, but refrain from coaching or directing swimmers during the meet or practices.
- Know your role. Let the swimmers swim, the coaches coach, the officials officiate. Parents are here to support.
- Never question or argue with a referee or judge. Trust their judgement and integrity and recognize that they are volunteers.
- Recognize the value and importance of coaches who devote an enormous amount of their time to help and educate your child. Respect, trust and support their judgement and strategy. Understand that coaching decisions are for the best interest of the team and athlete.
- Communicate directly with the coach in a positive manner with concerns for your child.
- If, or when concerns/problems arise, they must be addressed **at an appropriate time** and **in a proper manner with the coach**. Please refrain from approaching coaches

on deck during practice hours. Respect the coach's responsibility to focus on the swimmers during practice and meets.

- Email will not be used for issue discussion or resolution. If, or when a parent has a concern regarding their swimmer, the following steps should be taken:
  - The parent will set up an appointment to meet with their child's coach. Coaches can be reached via phone, email or AFTER practices and meets.
  - The parent may set up a meeting with their child's coach and the VJO head coach.
  - If not satisfactorily settled, the parent may set up a meeting with their child's coach, the VJO head coach and the VJO Board of directors.
  
- Do not talk to your children while they are practicing. If there is an emergency, please ask the coach to get your child's attention. Otherwise, wait to talk with your children between practices.
  
- Parents and spectators accompanying them must conduct themselves in a proper manner when attending practice, meets or VJO events. Criticizing, yelling demeaning remarks ,or the use of abusive language or gestures towards coaches, swimmers, officials on VJO or another team is not permitted or tolerated. Such actions will result in removal of the parent/spectator from the area. Repeat offenses will result in a permanent ban from all VJO events.
  
- NEVER use foul or inappropriate language.
  
- Support an alcohol, drug and smoke - free environment.
  
- Accept the results of each race. Encourage your child to be gracious in victory and turn defeat into victory by working towards improvement.

I HAVE READ THE VALLEJO AQUATIC CLUB PARENT/FAMILY CODE OF CONDUCT AND AGREE TO FOLLOW THESE RULES AS THEY RELATE TO ME.

Swimmer's Name(s): \_\_\_\_\_

Parent(s)/Guardian(s) Name(s):

\_\_\_\_\_  
Please print

\_\_\_\_\_  
Please print

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

