



## Code of Conduct

### **SWIMMER EXPECTATIONS**

Each swimmer will be provided with the tools and coaching to help them reach their potential. All we ask for in return is that our swimmers come to practice and meets with a positive attitude and respect for coaches, teammates, competitors, and themselves.

Coaches have the ability to remove a swimmer from practice should they become, or continue to be, disruptive or detrimental to the team. A parent conference will be scheduled should problems persist. Suspension or removal from the team without refund may occur if behavior does not improve after a parent conference.

As a member of the Arden Manor Pirates, I will strive to meet various important responsibilities. I/we must:

- Support and always practice good sportsmanship
- Refrain from horseplay, rowdiness, profanity, or any other inappropriate action
- Respect the rights of other swimmers, parents, coaches, and meet officials by treating them with respect and courtesy
- Never miss an opportunity to shake hands and congratulate your competitor or to thank a parent volunteer
- Compliment others on their achievements and encourage others who are down;
- Support your coaches and their training program
- Participate in team socials/awards activities
- Take care of your health and conditioning by eating nutritiously, getting adequate rest and wearing sunscreen
- Establish high goals and actively train to achieve them.
- Follow the pool rules. Especially not running on deck and listening to and respecting lifeguards.



## PARENT EXPECTATIONS

As parents, we understand that as a member of the Arden Manor Pirates Swim Team we will:

- Have our swimmer(s) attend practice sessions an average of three times per week.
- Have our swimmer(s) arrive at practice sessions and meets on time, and prepared to swim.
- Attend all meets when scheduled to swim. If for any reason we are unable to make the meet, we will contact our Team Representative as soon as possible.
- Read any forms of communication (emails, pool site board, and family box).
- Respect the rights of other swimmers, parents, coaches, and meet officials by treating them with respect and courtesy.
- Perform our family's volunteer requirements. It takes many volunteers to run a successful swimming program. Your energy and ideas are needed!
- **Understand that parental participation during meets is crucial and when possible lend an extra hand to make each Arden Manor Pirates event a success.**
- Be aware of your swimmer's workout time and have him/her ready 10 minutes before practice is scheduled to begin.
- Respect that practice time is valuable to your swimmer(s). Use the time before or after practice to talk to coaches.
- Be positive toward your child's swimming and his/her coach. Teach your child that an honest effort is as important as victory. Focus on self-improvement and good sportsmanship!
- Never ridicule or yell at your child for making a mistake or losing a race. Remember that we are role models for our children.
- Participate in team social, fund-raising, and award activities. They are planned for family participation and getting to know the other parents and swimmers on the team.
- Take responsibility for the conduct and discipline of your children at practice and meets. Support any disciplinary actions necessary by coaches or team officials. If children's behavior cannot be controlled, they may be removed from practice or meets.
- Take an active interest in your child's progress, development, successes, and disappointments. Encouragement and positive reinforcement from you will enable your swimmers to have an enjoyable experience.
- Check In with your Age Representative at each home meet **no later than 7:00am; away meets no later than 7:30am**. Failure to check in might result in your swimmer being "scratched" from the meet.



## COACH EXPECTATIONS

As Coaches, we understand that as a member of the Arden Manor Pirates Swim Team we will:

- Always set a good example for swimmers and parents to follow, exemplifying high moral and ethical behavior.
- Instruct swimmers in proper sportsmanship and practice responsibilities and demand that they make sportsmanship and teamwork their top priorities.
- Develop each swimmer to his/her fullest potential, giving candid feedback on strengths as well as opportunities to improve.
- Treat opposing coaches, swimmers and fans with respect.
- Be available to parents at times that are mutually convenient.
- Create a safe, nurturing environment for swimmers to learn and grow!



**I have read and understand the expectations of being a member of the Arden Manor Pirates Swim Club.**

**Please sign and return this page.**

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**PARENT SIGNATURE**

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**SWIMMER SIGNATURE**

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**ADDITIONAL SWIMMER SIGNATURES:**