

CAVALIER SWIM CLUB PARENT CODE OF CONDUCT

As a parent or guardian of a swimmer on [Team Name], your involvement plays a critical role in your child's athletic and personal development. This Code of Conduct is designed to foster a positive and supportive environment for our athletes, coaches, officials, and fellow parents. By following these guidelines, you help ensure a constructive atmosphere that prioritizes the well-being and growth of all team members.

1. Supportive and Positive Behavior

- **Encourage and support** all swimmers, regardless of performance, focusing on effort and improvement rather than outcomes.
- **Provide humble praise** for good performances and never berate or criticize for poor performances. Understand that success in age-group swimming can be variable and that maintaining a long-term perspective is crucial.
- **Celebrate small achievements** and acknowledge the hard work and dedication required in the sport, recognizing that success is often gradual and non-linear.

2. Respect for Coaches and Officials

- **Trust the coaches' expertise** and their decisions regarding training, competition entries, and athlete development. Avoid interference in coach/swimmer interactions or offering unsolicited advice.
- **Refrain from acting as a coach.** Remember, your role is to be a supportive parent, not a secondary coach. Let the coaching staff provide technical guidance and feedback.
- **Respect the officials** and their decisions, recognizing that they contribute to the fair and safe conduct of competitions.

3. Constructive Communication

- **Address concerns privately** and respectfully with coaches or team officials. Avoid public confrontations or discussions that could undermine team morale.
- **Model good sportsmanship** and maintain a calm demeanor, especially in challenging situations such as perceived unfair calls or disappointing performances.
- **Engage with your child** about their experiences, focusing on what they learned and enjoyed rather than on specific outcomes or mistakes.

4. Parental Involvement and Support

- **Get involved appropriately** by supporting team activities, volunteering, and participating in parent meetings. Help with logistical needs such as transportation, but give your child space to develop independence.
- **Ensure your swimmer's well-being** by prioritizing their sleep, nutrition, and hydration. Provide healthy meals and snacks, and encourage at least 8 hours of sleep for recovery.
- **Monitor outside influences** and ensure they are positive. Be aware of who your child interacts with, both in person and online, and encourage positive role models.

5. Focus on the Big Picture

- **Prioritize your child's overall development**, understanding that youth sports are a vehicle for teaching life lessons and building character.
- **Encourage resilience** and a growth mindset, helping your child learn from both successes and setbacks.
- **Keep the sport enjoyable.** Avoid making training and competitions feel like a chore. Support your child in finding joy and satisfaction in their efforts and progress.

6. Health and Safety

- **Promote healthy habits** by encouraging stretching, foam rolling, and proper self-care routines. Avoid pushing for quick fixes or extreme measures.
- **Ensure your swimmer stays hydrated** with water or low-sugar beverages and understands the importance of proper nutrition. This is especially important during practices and swim meets when athletes could become dehydrated due to activity or heat.

7. Emotional Support

- **Provide emotional support**, particularly during challenging times. A hug or a kind word can be more impactful than any technical critique.
- **Maintain a positive and patient attitude**, understanding that progress in swimming can take time and that each child's journey is unique.

8. Commitment to Team Values

- **Embrace the team's mission and values**, supporting the collective goals of the program.
- **Participate in team events and activities**, fostering a sense of community and shared purpose.

By signing below, you acknowledge that you have read, understood, and agree to abide by the [Team Name] Parent Code of Conduct. Your commitment is essential to creating a positive environment where all athletes can thrive.

Parent/Guardian Signature: _____

Date: ____ / ____ / ____