



Accokeek Stroke Technique Swim Team Parent Code of Conduct

All ASTS swim team members are expected to comply with the following Code of Conduct guidelines while taking part in any swim team activities. Similarly, it is expected that all members of ASTS including athletes, coaches, volunteers, and parents adhere to a Athlete-Centric philosophy.

'Create an environment that allows Athletes the opportunity to reach their individual goals.'

Overall Philosophy:

1. Athletes are encouraged and allowed to achieve
2. Athletes are part of a safe environment
3. Athletes are part of a successful swimming team
4. There is a **team** philosophy where individual athletes support each other
5. An athlete's behavior and conduct at practices and in competition contributes to their achievement
6. Athlete should show a commitment and strive for their own goals and for the good of the team

Parent's Code of Conduct

ASTS Swim Team is fortunate to have highly experienced professional coaches working to develop our children into better athletes and above all instilling important life skills e.g. sportsmanship, self-discipline and time management. In this respect, parents should support and encourage their child in the course of their development within the sport of swimming.

Parents agree to abide by the code of conduct

1. Set the right example for your child and other children by showing respect and courtesy to all ASTS Swim Team coaches
2. Demonstrate good sportsmanship at practices and competition. Be proud of your child's achievements however small or large

3. Respect the goals and objectives of practices and competitions by making certain that your athlete is on time
4. Parents should recognize that ASTS coaches are professionals working for the athlete's benefit, allowing them to coach your child without interference during practice and competition. This includes not being present on the poolside, in practice, and competition (unless assisting at competition as a meet volunteer)
5. Any concern that parents have should be addressed to their athlete's coach in private or to the Head Coach.
6. Parents should insist that their children avoid the use of alcohol, tobacco products, violence, abusive or bad language, inappropriate conduct or any other behavior regarded as discourteous, dishonest, offensive, or disrespectful of others

Consequences for Violation of the Code of Conduct:

This code shall be in force for all ASTS parents during practice, during swim meets, and at events sponsored by, or in which, the ASTS Swim Team is represented.

Disciplinary actions can range from, but are not limited to; reprimands, financial penalties, expulsion from the team, or receiving any other disciplinary action that the Owner deems necessary if a parent fails to adhere to the Code in part or in whole.

Safety and Behavior

The Accokeek Stroke Technique Swim Team Owner reserves the right to terminate the membership of any individual whose behavior places ASTS in an unfavorable light or jeopardizes our participation in any pool use or sporting event. All athletes and their parents are expected to demonstrate good sportsmanship and act as appropriate ambassadors for the club. They should act as role models for other athletes and their parents at all times.