

"24 Hour Rule"

As you may know many youth sports teams today are adopting a "24 hour rule." The Lakers Aquatic Club Board of Directors believe it is important for parents to separate their child's sports development from the sports emotions. This upcoming season the Lakers Aquatic Club Board of Directors would like to encourage parents to adopt the "24 hour rule."

The "24 hour rule" the Lakers are encouraging is simply the following:

If parents have an awkward, difficult or adverse issue that they would like to discuss with a coach, regarding an incident that occurred either during a meet or at practice it is highly recommended to wait at least 24 hours to discuss the situation in question.

This important rule does two things. First, it moves the discussion away from the presence of the athletes. Second, it allows all parties to have time to put things into perspective and "cool off" if necessary.

When coaches and parents respect the 24 hour rule the Lakers believe concerns will hopefully be fully addressed in a productive conversation. In addition, the kids' enjoyment of the sport will not be marred by an ill-timed confrontation.

After 24 hours have passed the Lakers Aquatic Club Board of Directors encourages parents to contact the coach either by phone call or by email to begin a discussion in regards to resolving the situation.