

Code of Conduct

Shock Wave Aquatics

Parent Expectations:

How to support your competitive swimmer

There is and has always been much discussion on the importance of the Support Triangle structure of Parent, Athlete, and Coach. Each plays a critical role in the development and success of the swimmer. Swimming is a very demanding sport, but through hard work and perseverance, invaluable lessons are instilled. We strive for the athlete's long term success and our goal is that they will continue swimming past high school. With such long swimming careers ahead of them, each part of the triangle plays an important part in determining how the swimmer develops as a person, not just as an athlete.

Working together is crucial and we must keep in mind several general rules of thumb.

Maximizing success for each individual swimmer relies heavily on support from both parents and coaches. Coaches, Parents, and Swimmers each have an important role to play and it is crucial that each party stay within the confines of their respective role to maximize benefit for the swimmer. However, the Support Triangle will crack if it is getting pressure from all sides.

- **Coaches:** must maintain current certification with USA Swimming and attend regular clinics for continued education. Develop annual training plans, determine all group placements and assess all individual swimmer development and progress.
- **Swimmers:** must attend practice consistently while maintaining academic standards and performing at a consistently high level. Attention to detail, ability to take criticism, and change habits are crucial to success. Each individual athlete must take full ownership of their athletic career.
- **Parents:** must make sure the swimmer is maintaining academic standards, getting adequate sleep, proper nutrition, and staying generally healthy. Parents must remain supportive of the team, coaches, officials, and other swimmers always, even in disagreement with a decision. Disagreements should be addressed at an appropriate time and place

Parents should encourage their swimmer to maintain a healthy diet by following a few key aspects:

- **Nutrition:** As a parent, you primarily influence your child's diet. They exercise a lot and will need to eat a lot, but we want to maximize performance and development. It is important they are getting all the right kinds of nutrition they need.
- **Supplements:** Please check the USADA and USA Swimming websites for a list of banned substances.
- **Water, Water, Water!** : We don't really need to drink anything else. Hydration plays a major role in performance and recovery. Athletes should come to practice prepared with a water bottle.
- **Shop the Perimeter:** It has been said that everything essential for your body to survive can be found in the perimeter of the grocery store: Veggies, Protein, Grains, and Dairy.
- **Eat Smart:** Make sure to include fruits and veggies into plenty of meals throughout the day.
- **Get Plenty of Rest:** Growing bodies need extra rest, and with training, rest becomes much more important; 6-8 hours per night minimum.

Hands off doesn't mean you don't care: there are many ways to show your swimmer that you take interest and are invested in their success while still allowing them to maintain ownership of their individual swimming career. Don't ask details about their swimming; instead simply ask them if they had fun and worked hard. **Don't pay attention to times; instead focus on effort, attitude, schoolwork, nutrition, and sleep.**

Code of Conduct

Shock Wave Aquatics

Parent Expectations (Continued):

- **Show your swimmer that you support them!**
Being “hands-off” doesn’t mean you can’t get involved with your child’s swimming.
- **Volunteer & Stay Connected:** Help out at meets, introduce yourself and interact with other swim parents. SWAT isn’t just a team, it’s an extended family.
- **Provide transportation:** We understand that our busy practice schedule and attendance expectations also put heavy demands on parents. We strongly encourage carpooling.
- **Keep your swimmers happy:** Although we all go through ups and downs, kids should be overall happy. If they aren’t, please speak with the representative coaches so we can work on a solution.
- **Family, THEN School, THEN Swim:** Whenever facing hard decisions, remember this order of priorities.

Always Support: the team, our coaches, your swimmer. If you are unhappy with a coaching decision or have a disagreement, resolve it by taking it up with the coaches and do not attend meets or practices until you do. Too often, parents air their personal frustrations and complaints to other parents. This is unprofessional and reflects poorly on all of us. We are a small team and word travels fast, creating unnecessary stress and bad feelings that negatively impact everyone.

- **Support** all SWAT swimmers. Yours and others.
- **Support** your age group and level
- **Support** the coaches
- **Support** other parents
- **Support** other parents
- **Support** positive communication
- **Support** ALL SWAT hosted meets as a volunteer
- **Support** SWAT and MS/USA Swimming at all meets
- **Support** ALL TAC rules and regulations

Examples of Poor Parent Behavior

Parents must NOT:

- Attempt to coach their child
- Make requests to alter training plans
- Make requests for exception to team policy
- Question coaching decisions regarding meet schedules / group placements / practice expectations
- Interrupt coaches during practices and/or meets
- Text & call coaches outside of reasonable operating business hours

More examples of Inconsiderate behavior

- Inappropriate complaining to other team parents
- Yelling down from the stands at swim meets
- Bribing your swimmer for time drops
- Pressuring performance from your swimmer in other ways not listed
- Undermining SWAT team policy and/or Code of Conduct

Micromanaging your swimmer: Leads to insecurity, loss of passion, and inhibits progress. Swimmers must take ownership of their swimming career in order to survive long-term in the sport. Swimming is simply too hard for anyone to do for someone other than themselves. Motivation **MUST** come from within and individuals must develop perseverance to be successful in swimming. Typical swimming careers are roughly 14+ years long with only 2-3 weeks off each year. Long-term success is a gradual process that will undoubtedly ebb-and-flow. Swimmers will occasionally need a gentle push or reminder of the commitment they have made, but ultimately will need to own the decision to swim. Burn-out, loss of interest, or any factors that may hinder their performance must be communicated to their coach immediately.

Code of Conduct

Shock Wave Aquatics

SWAT Coach Expectations:

Our goal is for each swimmer to reach a level that allows them to go compete in the next stage in swimming. Although we strive for this performance standard, our main goal is to help our athletes grow and develop into highly successful young adults consistent with SWAT Core Values of Honesty & Integrity, Sportsmanship, Respect, Hard Work, and Pride.

Athlete Practice Expectations:

- **Arrive in a timely manner.**
 - “If you’re on time, you’re late. If you’re early, you’re on time. If you’re late, you’re forgotten.”
- **Follow coach instructions at all times.**
- **Don’t interrupt or talk when coaches are speaking.**
- **Reserve your questions for when it is not disruptive to the rest of the group.**
- **Bring required training and dryland equipment to each practice.**
- **Always watch the pace clock and leave on the correct interval between swimmers.**
- **Swimmers must be picked up within 20 minutes of practice ending.**

Meet Expectations:

- Warm-up during designated warm-up times regardless of what time individual events are scheduled to happen.
- Swimmers are preferred to sit with the team during the meet, not in the stands with parents.
- Swimmers will check with coaches to be sure they are on a relay before leaving swim meets.

Meet schedules are available online on our team website under the EVENTS page, as well as every meet and scheduled parent meeting we will have during each respective season.

Swimmers must declare which meets they are attending using the ATTEND/DECLINE selection after clicking on the event. Coaches are responsible for choosing events in which the swimmers will compete in. Parents may request specific events, but there is no guarantee those are the events the athlete will compete in.

The coaches ARE NOT responsible for signing your athlete up for regular season meets. All swimmers who qualify for a championship meet will be expected to attend unless the parent DECLINES the sign up.

Code of Conduct

Shock Wave Aquatics

SWAT Core Values and Code of Conduct:

The SWAT Code of Conduct is designed to maximize positive experiences of all SWAT swimmers and ensure we are providing a fun, safe, and positive environment.

Team members will refrain from any illegal or inappropriate behavior that is not consistent with SWAT Core Values

ALL athlete and non-athlete members must follow the Code of Conduct as listed below:

- Honesty and integrity
- I will refrain from lying, cheating, stealing, and all other illegal behavior
- I will engage in appropriate conversation at all SWAT functions and whenever in a public setting including online
- I will refrain from destructive, hurtful, and negative behavior

Sportsmanship

- I will be humble in my victories and gracefully accept my failures and criticism
- I will support my teammates and cheer for them whenever possible
- I will remain in the water after my races and wait for all competitors to finish
- I will follow proper lane etiquette and refrain from behavior that will inhibit the progress of others.

Respect

- At all times, I will show respect for myself, teammates, coaches, officials, competitors, and spectators
- I will respect the SWAT facility by adhering to the Pool Rules and refrain from destructive behavior
- I will arrive on-time for all practices, competitions, and other team events
- I will bring all necessary equipment to practices and be responsible for my belongings
- I will not talk while coaches are addressing the group and will listen to directions carefully
- I will respect the decision of coaches and officials
- Hard work
- I will always put forth my best effort

Pride

- I will wear designated SWAT gear to all meets, including swim cap and shirt
- I will always act in a manner that myself, my parents, and my coaches will be proud of

I also understand that:

- The possession or use of alcohol, tobacco products, or controlled substances by an athlete is prohibited
- Disrespectful, indiscreet, or destructive behavior will not be tolerated
- It is the responsibility of each swimmer to make every effort to avoid guilt by association with such activities at any time

SWAT Dispute Resolution Process:

- If a swimmer or parent feels that he/she is not being treated in accordance with the above expectations, they should ask to address their concerns by scheduling a meeting with:
 - The Group Coach
 - The Head Coach
 - A SWAT Board of Directors Member
- If any swimmer or parent is in violation with the above Code of Conduct, discipline will be handled in the following (but not limited to) the following format based on the severity of the offense:
 - Removal from practice and sent home for the day
 - Meeting with swimmer(s), parent(s), coach(es), and/or Board of Directors
 - Further suspension
 - Expulsion from the team
- If a member is expelled, any fees still owed to the team must be paid and will not be forgiven.
- Should one be deemed necessary, a committee shall be appointed by the Board, comprising the Head Coach and a neutral adult member. In the event the coach is personally involved in a dispute, another neutral adult member will be appointed. The committee will remain the same until the matter is resolved, but a new committee will be selected if a non-related issue arises.

Code of Conduct

Shock Wave Aquatics

Parent Code of Conduct Signature:

With the signing of this Shock Wave Aquatic Team Code of Conduct, I understand that if my family violates any of the items listed above, it shall be dealt with by disciplinary action as listed in the above document.

Parent signature: _____

Date: _____

Parent signature: _____

Date: _____

Athlete (1) signature: _____

Date: _____

Athlete (2) signature: _____

Date: _____

Athlete (3) signature: _____

Date: _____

Athlete (4) signature: _____

Date: _____

SWAT recognition: _____

Date: _____