



## **LOS ALAMOS AQUATOMICS POLICY: Parent Guidelines and Pool Deck Presence**

### **PURPOSE:**

To understand that we, as adults are viewed as role models and as such are required to model appropriate behavior and to address parent involvement and behavior on the pool deck. To provide the expectations which LAA has of our swimmer-parents' behavior. Guidance to encourage parent involvement, participation and presence in such a manner that is not disruptive to the coaching staff or the scheduled practice.

### **POLICY:**

Parents are strongly encouraged to attend and observe scheduled swim practices. We believe that this will create a better understanding of and appreciation for the level of effort and commitment put in by both the coaching staff and the swimmers. It is best to be a distant observer during workouts. Our children need to develop a bond of trust and confidence with the coaches. This is difficult if not impossible to do if we (the parents) are close by.

### **GUIDELINES FOR PARENTS AND THINGS TO KEEP IN MIND:**

The following guidelines will help all of us keep our child's development in the proper perspective.

1. Every individual learns at a different rate and responds differently to various methods of instruction.
2. It takes a great deal of the swimmer's attention to master the skills of proper stroke technique.
3. Plateaus are necessary and expected and will occur at some time or another in your swimmer's career.
4. Swimmers under 10 are the most inconsistent and this will be frustrating for the parent, coach and swimmer. Please be patient and permit these youngsters to learn to love the sport.
5. It is the coach's job to offer constructive criticism of a swimmer's performance.
6. It is a parent's job to supply the unconditional love, recognition and encouragement necessary to help the young athlete feel good about themselves.
7. Attitudes and behaviors of parents in regards to their outlook of the sport and the coaching staff will have an impact on the child. It is crucial to remember this point especially when a swimmer is going through a plateau. Knowing how disappointing this phase is, parents must remain focused and avoid searching for external factors to blame and most importantly, remain patient.
8. It is important to provide healthy encouragement for a child's interest with recognition that a child's interests might change. If your child expresses a desire not to participate in the sport of swimming anymore, open a discussion with your child about why they might be feeling that way. Given all the positives that the sport can teach, such as time management, perseverance, discipline, and confidence, there could be dynamics that might just seem too stressful but will change in time. Self-motivation is the stimulus of all truly successful swimmers but there are times when such motivation may lag and parental support is crucial for persistence.
9. At any time questions or concerns arise, parents are encouraged to contact the Head Coach or any board member.

### **GUIDELINES FOR POOL DECK PRESENCE:**

The following guidelines will help all of us create and foster the best environment for our children's swimming and coaching:

1. Parents are welcome to sit on the bleachers of the pool deck, but the coaching staff prefer that parents observe practice from the mezzanine level above. This prevents distraction of both the swimmer and the coaching staff.
2. Parents are strongly encouraged to be involved in their child's swimming and are encouraged to have conversations with the coaching staff, however;
  - Parents are requested to not interrupt the coaching staff during scheduled practice times.
  - Parents are strongly encouraged to email the coaching staff with questions and/or concerns.



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- Parents are strongly encouraged to email the coaching staff regarding setting up a scheduled time to discuss their issues/questions/concerns.

### **AGREEMENT OF UNDERSTANDING:**

1. I trust that the Board of Directors has completed due diligence in hiring the coaching staff.
2. I trust that the coaching staff are professional and competent individuals and are capable of and expected to perform the jobs for which they were hired.
3. I will not question the coaching philosophy in such a manner as to undermine the coaching staff authority, or disrupt the coaching staff's ability to coach the swimmers. Such behavior would include aggressive confrontation, second guessing, and negative talk. If parents have questions or concerns about the coaching, they are requested to bring them up to the coaching staff and board members away from practice.
4. I understand that we are all expected to conduct ourselves in a professional manner and to maintain a decorum which fosters the positive atmosphere intended for youth swim team competition.
5. The same holds true when dealing with coaches, meet officials, and swimmers/parents from LAA and other teams.
6. Any action by a parent which is deemed detrimental by a LAA coach, or falls into the realm of coaching a swimmer, group, or the team, will be asked to leave the pool area for that event, or a period to be determined by the Board of Directors, and may be subject to expulsion from all future meets and activities, or removal from the team.
7. In order to build a strong and cohesive team, swimmers must maintain loyalty to the sport, and loyalty to the team. In light of this, I will not recruit LAA swimmers for other sports, teams, or activities.
8. Parents who approach a coach on deck to complain, lecture, yell, or argue a point at a meet, workout or meeting, in front of swimmers, parents or Board members, will be removed from the deck immediately, and be subject to expulsion from all future meets and activities, or removal from the team.
9. If you have questions about your child's training or team policies, contact the coach. Please refrain from criticizing, arguing, yelling or correcting the coach in front of any swimmers as this undermines the coach's authority, significantly reduces respect between swimmer and parent, introduces low levels of behavior to the program, and reduces the swimmer-coach relationship necessary for maximum success.
10. We ask parents to not coach children.

LAA BOARD OF DIRECTORS  
APPROVED 9/2020