



Parents Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team.

Parents agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will respect the integrity of the officials.
- I will direct my concerns to first to the Coach related to swimming matters and to the Group parent for administrative matter; then, if not satisfied, to the Athletic Booster Council.

The Parent's Role

Parents are representing our team at competitions and at practice. They are also expected to mirror the team values and our expectation of the highest level of integrity and sportsmanship at all team functions. Lack of respect or courtesy shown to other parents, coaches, swimmers, officials, or spectators will not be tolerated. Any conduct infraction will mandate a meeting with the head coach before the person in question can resume team activities. Depending on the severity of the infraction swimmers may be removed from the team indefinitely at the discretion of the coaches.

Support

- On PLS, the parents' main role is to support their child, their child's teammates, their coaches, and uphold the Team Values.
- Please encourage your child to have open honest communication with their coaches. It is very important to their development. If a swimmer is ever having an issue, the parent's role on this team is to encourage them to address it directly with the coach. If after a swimmer/coach meeting the issue is not resolved, a parent/ swimmer/coach meeting can be scheduled.
- It's important for parents to be encouraging of their child's swimming but it is also important that the swimmer is self motivated and not swimming for their parents' approval. There are unintended consequences of parents getting too excited for a great performance or

disappointed for a bad one. It can negatively affect a swimmer's future and attitude toward the sport. Inevitably there will be peaks and valleys in your swimmer's career. It is the coaches' responsibility to provide perspective on progress and performance based on their years of shared experience, coaching thousands of swimmers. The parents' role should be unconditional support.

- Coaches will give advice on proper nutrition, hydration, and sleeping habits. Coaches will encourage swimmers to be independent about these things, however it is the parent's role to make sure that swimmers get what they need outside of the pool.
- Parents should take time to understand the season plan as laid out by the coaches. Whenever possible families should avoid vacations of a duration or at a juncture of the season that will disrupt their swimmer's success.
- Parents are an integral part of the team, come to meets, wear team gear, set up social functions for the swimmers, and stay up-to-date on the progress of the team.

Parent/Coach Communication

- Coaches want to have a relationship with their swimmer's parents. Coaches will do their very best to keep parents informed of their swimmers progress through regular communication in emails, text and phone. However, the swimmer/coach relationship is our first priority and parents should encourage swimmers to handle all communications with coaches.
- If there is ever a communication breakdown or a parent needs to address an important issue related to their swimmer's needs they should email or text to request a meeting or time to talk on the phone.
- Whenever a meeting or phone call is requested we require the topic of the meeting be disclosed beforehand.
- The PLS swim team has many swimmers. Please understand that the coaches would not have time to have private meetings with each parent every season and the coaches request that parent meetings are only called when absolutely necessary.
- At meets and at practices coaches are happy to say hello but are too busy to carry on long conversations. Please keep conversation with the coaches on the pool deck brief.
- If there is an important issue that needs to be discussed between parents and coaches a meeting needs to be scheduled. Please avoid engaging in these types of conversations after coaches are done with work for the day at practice and meets.
- If you want to discuss something that occurred at a swim meet we ask that you wait 48 hours after the conclusion of the meet to address it.

Sideline Coaching:

- On our team there will never be a need for a parent to be a swim coach to their child. It is never appropriate for a parent to coach a swimmer before, during, or after any practice or competition.
- Race tips, race analysis, extra practice, lessons, or video analysis are something that should only ever be done by PLS coaches and never parents.
- If a parent should ever feel that their child is not getting what they need concerning stroke mechanics, physiological training, or race strategy, the parent should not take matters into their own hands. In that case, a parent should contact the Coach.
- Swimming technique, racing strategy, and the judgment of effort given should all be decided by swimmers and coaches. Parents should limit their "swimming" communication with their children to words of encouragement and support. Parents should help children learn to communicate with coaches and should help to facilitate that communication and trust in the swimmer / coach relationship when necessary.

- Good parenting is a demanding and much more important job than coaching is. The coaches appreciate what you do and the great kids you allow them to work with. Let the coaches worry about the coaching!

Practice Expectations for Parents

General_

- Please have your swimmer at practice 15 minutes early. This allows them time to prepare, change, and get their equipment ready to ensure that we do not take up valuable practice time.
- Please refrain from interrupting practice to speak with your child unless you need to get them out of practice for the day.
- Please refrain from approaching or engaging in conversation with coaches during practice times, barring an emergency.

Parent Seating Area at Practice:

- Once your swimmer is in practice, it is important that coaches have their undivided attention. Parents are welcome to observe practice from outside. Parents are not allowed inside the facility.

Swim Meet Expectations for Parents

- We want our PLS swimmers to become as independent as possible. Coaches would like them to wait behind the blocks without their parents alongside them.
- Swimmers need time on their own to focus on what their coaches have instructed them to work on in their race. Younger swimmers will forget what they are supposed to work on from time to time. At some point they will not be able to have you behind the blocks with them. We want to prepare them for that.
- PLS parents should refrain from lingering in or around the coaches' tent during meets.
- Parents should not interact with the swimmers from the time they get their heat and lane to the time they finish their post race conference with their coach.
- Swimmers pre and post race check in with their coaches should be done without parents listening in.
- The coaches enjoy communicating with adults during long meet days of just talking to kids. Feel free to come say hello in the coaches tent but please keep it brief as the coaches are often busy.
- It is the swimmer's responsibility to communicate with the coaches at meets. If there is something a swimmer needs to talk to a coach about, parents should not be the messenger.
- Relay decisions are made at the coaches discretion, in the best interest of the team, and should be supported by the parents in an effort to teach swimmers to be unselfish team players.