

**PALMYRA AQUATIC CLUB**  
**- Sharks Parent's Code of Conduct -**

The purpose of this Code of Conduct is to assist in providing every swimmer with an environment that affords the swimmer with the opportunity to reach the swimmer's individual goals. Our Code of Conduct is founded on the principles of mutual respect and cooperation.

The Palmyra Aquatic Club has hired a coaching staff that works to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time management, self-discipline, teamwork and sportsmanship. Your child will reap the benefits of swimming long after his or her participation with the Sharks ends.

As a parent, it is essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Palmyra Aquatic Club Sharks Board of Directors oversees the direction of the coaching staff.

- 1) I will set the right example for our children by showing respect and common courtesies at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- 2) I will conduct myself at practices and swim meets in a way that supports every swimmer's ability to learn and the coaches' ability to teach other swimmers.
- 3) I will recognize that our coaches are professionals and allow them to coach my swimmer without interference during workouts and meets, including not being present on deck during practice or competitions unless I am working at the meet.
- 4) I will be an active participant in all fundraising events, including volunteering at championship meets we host and our dual meets.
- 5) I will be an active participant in all team activities including pizza parties and "fun day" events.
- 6) I recognize the importance of the funds we raise through our meet snack bar and will bring all requested to items to every meet or will make advance arrangements when I will not be able to attend.
- 7) I will support the values of discipline, loyalty, commitment, hard work and teamwork during practice and meets and other swimming events and in my dealings with all coaches, parents, swimmers and officials.
- 8) I will know my role – Swimmers swim, Coaches coach, Officials Officiate, Parents parent and praise swimmers for their hard work.
- 9) I will not compete with or criticize the coach in the presence of my child(ren).
- 10) I will be dedicated and loyal to our club, coaches and swimmers. I will be vocally supportive.

I will follow the spirit of these rules as well as the specific rules. I understand that this philosophy may be adapted to an infinite number of situations. I will respect the coaches' and Board of Directors and give them my full cooperation. I understand that cooperation with teammates and coaches will produce a productive team environment for all.

Parent's Name (printed) \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_