



Parent Code of Conduct

As a member of the Lakeside Aquatics Team (LAT), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By acknowledging that you have read this Code of Conduct during registration, I agree to follow the rules for behavior and sportsmanship while I am a member of LAT. The following behavior guidelines state the principles LAT expects all members to demonstrate and uphold.

LAT is dedicated to having experienced, professional coaches working to develop your children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline, and sportsmanship. Your child will reap the benefits of swimming long after his/her participation with LAT ends.

As parents, 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 Head Coach oversees the direction of the staff.

Pursuant to USA Swimming's Code of Conduct Article 305-Athlete Protection Policies, § 305.3, "Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms."

PART I – PARENTS CODE of CONDUCT

- ✓ Set the right example for our children by showing respect and common courtesies at all times to team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- ✓ Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- ✓ Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help LAT achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.

- ✓ Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise. LAT will win gracefully, lose graciously and congratulate their opponents either way
- ✓ Be an active participant in all fundraising events and other team activities and encourage and support your child by ^[1]_[SEP] permitting them to be timely for practices and competitions.
- ✓ Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- ✓ Recognize that LAT coaches are professionals and allow them to coach your child without interference during ^[1]_[SEP] workouts and meets, including not being present "on deck" during practice or competitions unless you are working at ^[1]_[SEP] the meet.
- ✓ Support your professional coaches as they strive to do what is best for each LAT swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities.
- ✓ If you have concerns, you will address it with the coach in private, away from the pool deck.
- ✓ Maintain open and honest communication among all members of the LAT family. We reach our common goals by working together.
- ✓ Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or ^[1]_[SEP] foul language, inappropriate sexual conduct, or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENT – BASIC RESPONSIBILITIES

- ✓ Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
- ✓ Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- ✓ Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- ✓ Represent LAT with excellence, respect, team spirit, good sportsmanship, and politeness at all times.
- ✓ Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.

- ✓ Call or meet with coaches at an arranged time before or after practice/meets to discuss issues.
- ✓ Do not coach your child at practice or during meets, that is the coach's job.
- ✓ Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- ✓ Do not interrupt or confront the coaching staff on the pool deck during practice or meets unless absolutely necessary.
- ✓ Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event ^[L]_{SEP} entries, and meet schedules. Do not impose your ambitions on your child.
- ✓ Any questions about disqualifications, judging, etc should be directed to your swimmer's coach.
- ✓ Get involved....be an official, work on the board, help plan a fundraiser, help plan a group ^[L]_{SEP} social. Find something you enjoy! We are all in this together!
- ✓ Share the burden among parents by volunteering to help at meets.
- ✓ Pay your fees on time. This ensures coaches get paid, pool rent gets handled, and new team equipment gets purchased.
- ✓ Know and uphold LAT rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.