



SAILFISH PARENTS ROLE AND CODE OF CONDUCT

- **Be Enthusiastic and Supportive:**

Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Learning about one-self while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun. It will help your child develop a positive self-image.

- **Let The Coach, Coach:**

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes a mistake. If your child does make one, remember that this is a learning experience. Encourage your child's efforts and point out the positives. The coach is the one you have assigned to evaluate your child's performance and technique. Provide love and support regardless of the outcome. For your child's best interest, should he/she have any disabilities or challenges, you as a parent should speak to the coach or explain in writing on the Swimmers Registration Application form. This information is extremely important to the coach so that proper training can be taught.

- **Resist Parent Coaching:**

Please refrain from teaching your child stroke technique when swimming outside of practice time. Although you may know the individual strokes you may not understand specific technicalities of competitive swimming. Changing a stroke, even in the slightest infraction, may cause your child to take a step backward in their training. When parents take on the role and responsibility of the coach it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and placing expectation on performances are examples of things parents do that tend to decrease their child's enjoyment.

- **Provide Stable Loving and Supportive Environment:**

The Sailfish Swimming competitive swimming program provides many benefits to young athletes including self-discipline, good sportsmanship and time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable loving and supportive environment. Being positive will encourage your child to want to continue, help with the growth of the team, as well as put a smile on your coach.

- **Thou shall only have positive things to say at swimming competitions:**

If you are attending a swimming meet, you should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Please remember that "yelling at" is not the same as "cheering for." The bond between coach and swimmer is a special one, and one that contributes to your child's success, as well as fun. Note: The seed time printed in the Psyche Sheet or Meet Program is not always



the swimmer's best time. The coach may enter a motivational time which could be faster or slower than his/her personal best.

- **Provide Support:**

Parent support regardless of their child's performance will increase their fun in swimming. For the most part, it seems that a physical presence at meets and an interest in what your child is doing goes a long way towards enhancing swimming enjoyment. Remember not every swimmer becomes a record holder, but everyone gains from his or her swimming experience. Supporting your child in any of their activities can be one of the most rewarding experiences of your life.

- **Parent Code of Conduct:**

As a Parent of the Sailfish Swim Team, I will abide by the following code of conduct:

- a. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices.
- b. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck. Any communication with the coaching staff will occur either prior to the start of a coach's shift or after the conclusion of his/her coaching day.
- c. Maintain self-control at all times and know my role. Swimmers – Swim; Coaches – Coach; Officials – Officiate; Parents –Parent
- d. Enjoy involvement with the Sailfish Swim Team by supporting the swimmers, coaches and other parents with positive communications & actions.
- e. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
- f. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.