



### **BEHAVIOR GUIDELINES FOR SWIMMERS AND PARENTS**

The following behavior guidelines identify principles Stingrays expects all members (swimmers, coaches, parents) to demonstrate and uphold. These guidelines remind us of why we are involved in youth sports, especially during competitions.

1. Strive to make every team activity serve as training for life.
2. Respect the integrity of swim officials by assuming decisions are based on honest, objective performance evaluations. Only coaches may approach officials to clarify rulings.
3. Promote good sportsmanship by setting an example and helping others do likewise. Stingrays win gracefully, lose graciously, and congratulate their opponents either way.
4. Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time and bring the proper equipment.
5. Arrive at meets in time for check-in, stretching, and warm-ups.
6. Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
7. Opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help Stingrays achieve our goals by avoiding criticism verbally or by gesture. Look for opportunities to build rapport with teams we compete with.
8. Know and uphold Stingray rules and regulations, which are designed to maximize the experience for all swimmers and parents.

9. 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.
10. Support your professional coaches as they strive to do what is best for each Stingrays swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association, and other recognized swimming authorities.
11. Maintain open and honest communication among all Stingrays family members. By working together, we can achieve our common goals.
12. Refrain from illegal or inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance objectives.