

## **ATHLETE EXPECTATIONS**

- Come prepared for practice everyday, this includes a proper suit, towel, dry land gear and fluids for hydration. This is for all practices.
- Be on the deck and in the proper attire, on time, and ready to begin each practice.
- When the coaches are addressing the swimmers in practice, only the coach should be talking. Listen and follow directions given by the coaches, and refrain from talking back, or arguing with them since this is disruptive, and can be considered rude, and disrespectful.
- Stay for the entire practice time unless prior approval from the coach has been given. If you need to leave practice early, kindly address one of the coaching staff cordially.
- Be courteous: use proper language, and tone of voice, including refraining from negative comments, about or to any swimmer, coaching staff or anyone in general, during practices, meets, and team functions.
- Come with a positive attitude daily, with accountability to yourself and your fellow teammates. This ensures that everyone is striving for excellence.
- Keep your hands and feet to yourself -- no splashing, dunking, hitting anyone, or horseplay, etc will be tolerated during practice, and definitely not at meets.
- Properly use equipment including avoiding throwing goggles/caps, sitting or standing on kickboards under water, hanging on lane lines. Since these are dangerous practices and should be avoided for the safety of the team.
- Walk on the deck at all times.
- Follow all posted rules for the facilities we use during practice and at meets.
- Take care of the facility, Clubhouse & bathrooms. Treat them in the way you would want someone to treat your home.
- Report any improper behavior found in the restroom/locker room, deck, play park area, or parking lot to a Coach immediately. If none are available, then have your parents bring it to the attention of a Board Member.
- All Coaching staff decisions are final.
- All Concerns & complaints should be brought and addressed to any coaching staff individually, and not open to the whole team. If during practice ask to speak cordially with a coach so as to not disrupt the practice or address the issue with an available Board Member.

## **Facility Expectations**

- Young children should be under the supervision of a parent, guardian or authorized person when on the grounds and not in the pool area.
- Tennis court areas are for StoneCreek residents utilizing it to play tennis or related activities.
- Keep all areas clean after utilizing them. This includes the basketball courts, bathrooms and back park space.
- Splash Pad is only open during community pool hours for residents of StoneCreek and their guests. It should not be used during swim team practices.



## NORTHWEST AQUATIC LEAGUE PARENT/COACH CODE OF CONDUCT

Children's sports are supposed to be fun-for the children. Unfortunately, many parent, fans and coaches don't realize that their actions, whether verbal or nonverbal, can have a lasting emotional effect on children. Too many children are leaving sports activities because the fun is unfairly taken away by adults. This following Code of Conduct is for parents and spectators to abide by at every practice, meet and invitational.

### **Preamble**

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, and caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

### **I therefore agree:**

1. I will remember that children participate to have fun and that the sport is for youth, not adults.
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
3. I will learn the rules of the sport and the policies of the league.
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers, coaches, officials and spectators at every meet, practice, or other sporting event.
5. I (and my guests) will not engage in any kind of unsportsman-like conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
6. I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes.
7. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
8. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
9. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a race or his/her performance.
10. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
11. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
12. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize meets and competition in the lower age groups. 1
13. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
14. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches or officials at the meets, and will take time to speak with them at an agreed upon time and place.
15. I will demand a sports environment for my child that is free from drugs, tobacco, vapes, and alcohol and I will refrain from their use at all sports events.
16. I will refrain from coaching my child or other players during meets and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach and/or head of league organization
- Written warning
- Parental meet/Invitational suspension with written documentation of incident kept on file by organizations involved.
- Meet forfeit through the official or coach
- Parental season suspension.

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Parent/Guardian signature

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Parent/Guardian signature