



## **PARENT & SWIMMER CODE OF CONDUCT**

As a member of the Coastal Virginia Aquatic Club (CVAC), I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of CVAC. The following guidelines state the principles CVAC expects all members to demonstrate and uphold.

CVAC is fortunate to have experienced, professional coaches working to develop our 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 CVAC ends.

### **PART I – PARENT CODE of CONDUCT**

- Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swimming officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Demonstrate good sportsmanship during all practices, competitions and team activities. CVAC swimmers win gracefully, lose graciously and congratulate their opponents either way.
- Support your professional coaches as they strive to do what is best for each CVAC swimmer. Our expectations and methods are based on USA Swimming, the American Swim Coaches Association and other recognized swimming authorities. 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.
- Represent CVAC with excellence, respect, team spirit, good sportsmanship, and politeness.
- If you have coaching concerns, address it with the appropriate coach in private. If you have club concerns, address it with the head coach in private.
- Maintain open and honest communication among all members of the CVAC family. We reach our common goals by working together.
- Ensure that responses on any of the team's communications channels (emails, website, Facebook, Twitter, etc.) remain professional and considerate.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.



## **PART II – PARENT RESPONSIBILITIES**

- 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.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches can be available before or after practice and meet sessions for feedback or to discuss issues. They can also be reached via email.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not speak harshly or directly to a child who is not your own. Please contact a coach or a board member if you have an issue with another parent's child. The CVAC board member or coach will reach out to the child's parent, if necessary.
- 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.
- Be an active participant in all fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all CVAC events.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event 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, volunteer at meets, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Pay your fees on time or ensure for contact with the Head Coach should you require consideration for extended time.
- Know and uphold CVAC rules, regulations, management and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.



### **PART III – SWIMMER CODE of CONDUCT**

The undersigned athlete participating with/for the Coastal Virginia Aquatic Club (CVAC) agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent CVAC with excellence, respect, team spirit and politeness.
- Follow the directions of the coaching staff, respect official instructions and designated chaperones. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Practice good sportsmanship at all times to the team members, coaches, competitors, officials, parents and for all facilities and properties used during practices, competitions and team activities.
- Be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- Be an active participant in all team practices, competitions, fundraising events and other team activities.
- Swimmers must notify the coach, in advance, if they are planning to leave practice or swim meets early.
- Wear CVAC team swim suits and team caps at all swim meets. This displays team pride and also makes it easier to identify swimmers.
- Disruption of practice by an athlete will be grounds for removal. Continual cheating in a practice will be considered a disruption of practice.
- Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonesty, theft, and/or vandalism will not be tolerated.
- Indiscreet or destructive behavior will not be tolerated.
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by USA Swimming.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will subject the swimmer to the most severe discipline.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.



## **PART IV – VIOLATION OF THE CODE of CONDUCT – SWIMMERS**

The following penalties for violating the Coastal Virginia Aquatic Club's Code of Conduct include, but are not limited to, the following penalties:

- The swimmer will be given a verbal warning.
- The swimmer will be excused from practice and the parent(s) will be contacted.
- Before coming back to practice, the swimmer will need to be accompanied by a parent and the parent stay for the duration of practice for four (4) consecutive days.
- If the swimmer continues his/her undesirable behavior, he/she will be suspended for one (1) week. (There will be NO prorated fee for monthly dues) If the swimmer's disciplinary problem continues, the swimmer and parent will meet with the coach to discuss the problem further along with more severe disciplinary action.

## **PART IV – VIOLATION OF THE CODE of CONDUCT – PARENTS**

Violation by parents who fail to abide by the code of conduct, will be discussed by the coaches and the Board and may include, but not limited to, the following penalties:

- The parent will receive a written warning.
- The parent will be informed that the swimmer will not be allowed to practice in next four practices or next upcoming meet.
- The parent and swimmer will be removed from the roster.
- Parent/swimmer will be banned from joining CVAC in the future.

By signing below you acknowledgement you have reviewed the Coastal Virginia Aquatic Club, LLC Code of Conduct with the registered athlete(s) and the athlete(s) understands the Coastal Virginia Aquatic Club, LLC Code of Conduct. You (the parent/guardian) and the swimmer(s) agree to abide by this Code and accept the penalties for not abiding by these rules. Any non-compliance may be subject to disciplinary action determined by the coaches and/or the Board, which may include expulsion from the team.

Parent Signature(s): \_\_\_\_\_

\_\_\_\_\_

Swimmer Signature: \_\_\_\_\_