

Parent/ Swimmer Contract

Code of Conduct and Team Rules for Hammerhead Aquatics

Practice teamwork with all parents, swimmers and coaches by supporting the values of discipline, loyalty, commitment and hard work. Enjoy involvement in Hammerhead Aquatics by supporting the swimmers, coaches and other parents with positive communication and actions.

- ⊙ Be on time. Be ready to get in the water on time for practice and meet warm-ups. Be prepared to swim. Have your equipment ready. Bring extra caps and goggles
- ⊙ Swimmers shall respect and show courtesy to their teammates and coaches at all times.
- ⊙ Swimmers are expected to exhibit good sportsmanship at practice and meets.
- ⊙ Swimsuits are required for practice. No cut offs or under garments are allowed to be used as primary swim wear in the pool. Deck changing is forbidden (per USA Swimming Rules) as is shaving at swim meets (prevention of communicable diseases).
- ⊙ No dunking, foul language, hanging on lane lines, splashing, spitting, hitting, trash talking, belittling or any other behavior deemed as horseplay is allowed in a practice venue or meet venue.
- ⊙ Swimmers who are ill with contagious viruses and open wounds must tell their coach before entering the water.
- ⊙ Be respectful of your teammate's feelings and personal space. Swimmers who exhibit inappropriate behavior towards another person will be excused from the practice or meet and will be subject to a disciplinary process as determined by the head coach depending on the severity of the infraction.
- ⊙ The coaching staff reserves the right to instruct a swimmer to sit out for behavioral issues without contacting the parents. With safety as our number one concern, the coaches cannot leave the deck to talk to a parent or swimmer over behavioral issues.

- ⊙ Destruction of locker rooms and theft of property will be prosecuted under the law. The swimmer and family of swimmer will be responsible for all damages and fees incurred upon collection or prosecution of damages.
- ⊙ If a parent /swimmer have a problem with a coach, it is their responsibility to communicate the problem with that coach. If the problem escalates or can't be resolved in this manner, the parent/swimmer is to take the issue up with the head coach, who will help to resolve any issues.
- ⊙ **Swimmers must be at practice a minimum of two days during the week before a meet.** A coach has the right to scratch a swimmer from a meet if the swimmer has not been excused for their absences prior to the meet.
- ⊙ Swimmers must wear team gear including team suits, t-shirts and caps at all swim meets.
- ⊙ Swimmers are responsible for checking in, checking postings, and heat and lane assignments, reporting to their coach and for being behind their block prior to their race. A swimmer will suffer the natural consequences (fees, removal from an event or the meet, no show or disqualification) as per the meet sanction or the directive of your coach for missing an event.
- ⊙ Swimmers and Parents shall not ever confront an official or stoke and turn judge at a meet about a disqualification. This is the responsibility of the Coach. Swimmers and parents will be respectful and courteous to meet volunteers at all times. If you have a problem, come get your coach.
- ⊙ Parents and Swimmers are responsible for keeping track of their times swum at meets. Correct times for your swimmer can be obtained through the USA SWIMS DATABASE
- ⊙ A swimmer who is injured at practice or a meet must report this to their coach immediately following an injury.
- ⊙ I understand that USA Swimming and Gold Coast Swimming is an organization of trained volunteers and paid professional officials. Meets are operated by volunteers. I agree to treat volunteers and swim meet officials with respect.

Specific Team Parent Rules

- ⊙ 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.
- ⊙ I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at the meets and practices.
- ⊙ Parents shall refrain from disrupting the practice in any way. Parents are not allowed to talk to their swimmer or interrupt practice unless an emergency or immediate safety concern, as this disrupts the entire group and focus of the practice session. Parents are asked to wait at the benches and may view their swimmer from there.
- ⊙ Parents are expected to keep non-swimming siblings from running around on the deck unsupervised during practice, as this is a distraction and a safety concern. Non-swimming children shall be supervised by a responsible adult while participating in any USA swimming sanctioned activity.
- ⊙ Young children (swimmers) shall be supervised by their parent or guardian in the locker rooms.
- ⊙ Parents are encouraged TO COMMUNICATE WITH THEIR CHILD'S COACH. The appropriate time is well before practice. Communicating with coaches during practice disrupts the workout for the entire group. We want to talk with you. You can email us and can request a return call or appointment or visit with us after practice.
- ⊙ I will maintain self-control at all times. Know my role: Swimmers - Swim; Coaches - Coach; Officials Officiate; Parents - Parent.
- ⊙ 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 or their family will not be permitted or tolerated.
- ⊙ I will enter my swimmer in meets by electronic notification/signature on our team web site. Meet fees will be billed once the coach has entered your swimmer into his/her events.

- ⊙ During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
- ⊙ I agree to let the coach know of any other activity that involves rigorous physical activity that my child may be involved in order to prevent injury, exhaustion or illness. It is especially important to notify the head coach and coaching staff any other swimming related activity and or weight training program. I understand that swimmers 13 and under, are not to be involved in a weight training program.
- ⊙ I agree to provide my child with a sensible nutrition before and immediately following practice. I understand that swimmers have a special carbohydrate and calorie intake need. Soda, sugar and foods high in fats are not the best choices for a swimmer.
- ⊙ Share the burden among parents by volunteering to time at meets at which our children are swimmers; volunteer to help at swim meets our club hosts, whether our children participate or not.
- ⊙ Please be sure to check your email regularly. Emails are the way that the coaches are best able to communicate with the team. Please also make sure we have your current email address.

By Signing, we agree to follow the Code of Conduct, rules and guidelines set forth by Hammerhead Aquatics and USA Swimming.

Parent/Guardian

Swimmer

date