

## Westside Aquatics Parent Handbook

- Keep yourself informed by reading all publications from the team.
- Volunteer your time at swim meets as directed up by the Meet Director. It takes the **whole parent membership** to put on a successful meet. When attending away meets, your help is still a **necessity** and, during all of the team's social and fundraising events, your assistance is **expected**. With all of us helping, the work should be evenly distributed amongst us. We want our swimmers to be proud of the job their parents do.
- If you have a special skill and are willing to volunteer that skill to the team, please let us know. Extra help is always welcomed!
- Support the coaches and team with a positive attitude.
- See that your swimmer gets the proper rest and nutrition, including a well-balanced diet.

### **Guidelines for Supporting Your Swimmer**

- Be positive. Help your child look beyond today and toward his or her goals.
- Be patient. Swimmers develop at different paces, but all swimmers need time. No matter how your child seems to be doing in comparison to other swimmers, don't push. When he or she is ready, the big improvement will come.
- Never "bug" your swimmer about his or her swimming. It will only irritate your child.
- Please make sure that your swimmer arrives to all workouts, and meets on time. If your child is late, he or she will not benefit from a proper warm-up and/or perhaps not receive an important message from the coaches.
- Be a follower not a leader. Your swimmer will perform as well as he or she wants to, not as either you or we, the coaches, want.
- Although swimming has a strong individual element, your child is, most of all, part of a team. We encourage families to stay until the meet is over to show team spirit and pride (and help clean up!).
- The single most important thing that you can do for your child is to help him develop a strong sense of sportsmanship and a positive self-image.

### **How To Be A Perfect Swimming Parent**

- **Don't try to talk to the coaches while they are conducting a workout.** Consider the pool deck a classroom. Would you interrupt a classroom teacher while he/she was in the middle of a lecture? If a coach is not talking to the swimmers, he is thinking, watching and analyzing. If you need to ask questions please email or call the coach.
- **"The Coach is the Coach."** We want your child to relate to his/her coach as soon as possible concerning swimming competition, technique and training. This relationship and bonding between coach and swimmer produces the best results. When parents interfere with opinions as to how the child should swim it causes considerable confusion as to who the swimmer should listen to.
- **Watching Workouts.** If you choose to watch the teaching and training sessions, you may do so from a distance. Parents are asked to keep your distance from the swimmers. Never talk, signal, wave or admonish your child while he is in workouts. If you notice a problem, talk to the coach about it by phone or appointment. Never time your child during workouts. The repeat times are something for his/her coach and the child to discuss. If your swimmer has a poor workout, offer encouragement for him/her to swim better at the next one.
- Anything worthwhile usually means sacrifice and hard work. Never complain about the number of hours of practice your child logs each week. Make your swimmer realize that you will support him in every way possible.
- Above all **communicate**. If you question any aspect of the swim program, please make an appointment and discuss it with the coach.

## **Westside Aquatics**

### **Parents' Code of Ethics**

**I hereby pledge to provide positive support, care and encouragement for my child participating on Westside Aquatics by following this Parents' Code of Ethics Pledge.**

**I will** encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every swim meet, practice, or other swim team sponsored event.

**I will** place the emotional and physical well being of my child ahead of my personal desire to win.

**I will** insist that my child swim in a safe and healthy environment.

**I will** support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.

**I will** remember that the swim meets are for youth and should be a positive family experience.

**I will** do my best to make swimming fun for my child.

**I will ask my child to treat other swimmers, coaches, parents and officials with respect regardless of race, sex, creed or ability.**

**I promise** to help my child enjoy the swim team experience by doing whatever I can, such as being a respectful fan, assisting at swim meets and swim team sponsored events.

**I will** read the Westside Aquatics Parent Handbook and become an informed and supportive fan of Westside Aquatics.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_