



FAMILY CODE OF CONDUCT-

Nation's Capital Swim Club has established a Code of Conduct for our families. It is intended to help facilitate a nurturing environment for our swimmers and supportive environment for our coaching staff. As parents/guardians, it is **absolutely essential** to give our coaching staff the respect and authority they deserve in order to run their group. By working together in a partnership with them, our club can successfully help your swimmer achieve their full potential.

- Set the right example for our children by always showing respect and common courtesies to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help NCAP achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Realize that swimmers become easily confused when coached by parents. Your unconditional love and support before and after races will help them best.
- 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 and do not expect best times at every meet.
- Recognize that NCAP coaches are professionals and allow them to coach your child without interference during workouts and meets. This includes not being present on deck during practice or competitions unless you are working at the meet.
 - Support our coaches as they strive to do what is best for each NCAP swimmer.
 - Communicate any concerns you may have with your swimmer's coach or site Head Coach in private.

Important Reminders:

- ***Parents/guardians are prohibited from contacting a meet director or entering a meet without the coach's consent.***
- ***Parents/guardians must refrain from taking pictures or videotaping at practices.***
 - ***Photos/videos are prohibited by anyone other than a coach or hired professional for training purposes only.***
- ***Know your role: Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents -Parent.***
 - ***Do not coach your child at practice, during meets, or outside the pool. Help your children learn values and positive character traits that will sustain them throughout their lives.***
- ***Get involved....be an official, help time, plan a group social. Find something you enjoy!***