

# The Nation's Capital Swim Club

## *Family Code of Conduct*



"When coaches, swimmers and swimming parents work together as partners in performance – 100% committed and focused on helping the swimmer to realize their full potential, amazing – incredible things are not only possible – but inevitable."

- Wayne Goldsmith, Swimming World 3/15/15

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

### **PARENTS CODE of CONDUCT:**

- Set the right example for our children by showing respect and common courtesies 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 swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- 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.
- Demonstrate good sportsmanship during all practices, competitions and team activities. Promote good sportsmanship by setting an example and by helping others to do likewise.
- 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.
- Recognize that NCAP coaches are professionals and allow them to coach your child without interference during workouts and meets, including not being present on deck during practice or competitions unless you are working at the meet.
- Support your professional coaches as they strive to do what is best for each NCAP swimmer.
- Communicate concerns you may have with your swimmer's coach or site Head Coach in private. **Additionally, parents are prohibited from contacting a meet director or entering a meet without the Coach's consent.**
- Maintain open and honest communication among all members of the NCAP family. We reach our common goals by working together.
- **Refrain from taking pictures or videotaping at practices. Photos and Videos are prohibited by anyone other than a coach or hired professional for training purposes only.** All individuals are

*Updated 4/19/19*

background checked for these purposes. At swim meets, there is nothing prohibiting you from video taping or photographing your own child from the spectator section. However, some venues may have specific guidelines regarding this within the facility, so please check upon arrival.

- 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. This is a violation of the USA Swimming Code of Conduct and can lead to dismissal for the Club and USA/swimming.

### **BASIC RESPONSIBILITIES: *What to do help your swimmer reach their potential***

- Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work. Represent NCAP with excellence, respect, team spirit, good sportsmanship, and politeness. 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 objectives.
- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time. Strive to build confidence in your swimmer. Support our philosophy of creating independent swimmers in order to develop athletes who possess a strong sense of confidence, self-belief, resilience and self-reliance. Encourage swimmers to carry their equipment, pack their bags, and take responsibility of their sport.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups. Share the burden among parents by volunteering to help at meets.
- 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. When it comes to loving and supporting your child – particularly in public – winning and losing make no difference.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Do not compare your swimmer to others in the pool, other teams, or siblings. Every swimmer is different and develops differently and independently from one another. Our coaches design and develop their program structures with a lot of thought, research and experience behind it. Our mission as a club is focussed on your swimmer's long-term development and building them into well rounded athletes.
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets.
- 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 time at every meet.
- Get involved....be an official, help time, plan a group social. Find something you enjoy
- Know and uphold NCAP's rules, regulations, codes of conduct, management, and coach directives that are designed to maximize the experience for all swimmers and parents.

As a member of the Nation's Capital Swim Club (NCAP) you agree to uphold these responsibilities and adhere to the team policies and rules. NCAP reserves the right to dismiss families from our team at any time. We hope these policies promote a positive swimming environment for all our swimmers.