

Sacramento Aquatics Club  
PARENT CODE OF CONDUCT



PURPOSE

As the Parent/Guardian of a competitive swimmer, your main responsibility is to support, praise and encourage your swimmer at every opportunity. The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents.

As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

CODE RULES

- a. I will set a positive example by displaying proper respect and sportsmanship toward coaches, official, administrators, teammates, fellow competitors and the public at all times.
- b. I will show support in learning the life lessons of time management, self-motivation, value of commitment and hard work, proper nutrition and punctual attendance.
- c. I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- d. I will refrain from coaching my child from the stands during practices or meets.
- e. As a matter of team pride, I will leave the team area in a neat & clean condition at the conclusion of each practice session. I understand this also applies to pool restrooms, pool decks, etc.
- f. I will refrain from any illegal or inappropriate behavior that would detract from a positive image of the team.
- l. During competition, questions or concerns regarding decisions made by meet officials are directed to the Head Coach or Coach on deck. Only the coaching staff will address officials.

I understand that at no times will the following be accepted –

- Use or possession of any illegal substance (i.e. alcohol, drugs, tobacco).
- Destructive behavior.
- Inappropriate physical contact at team activities and events.
- Inappropriate language.
- Inappropriate conversations that would violate the privacy and safety of another swimmer.
- Stealing or Vandalism.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

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Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

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Signature

\_\_\_\_\_  
Printed Name

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Date