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Parents Code of Conduct

Athletes and parents are reminded that they represent the H2O Swim Team during team-related functions, such as team trips and meets. As such, both athlete and parent behavior must positively reflect the high standards of H2O and USA Swimming.

By signing this contract, I (we), as parents, agree to:

- Practice teamwork with other parents, swimmers, and coaches by supporting the values of discipline, loyalty, commitment, and hard work.
- Refrain from being behind the lane lines during practice
- Volunteer for various roles as needed at all team activities.
- Support my swimmer by encouraging regular practice attendance and facilitating participation in meets.
- Avoid coaching or instructing any swimmer at any time (from the stands or any other area) or interfering with coaches on the pool deck.
- Engage positively in the H2O Swim Team community by supporting swimmers, coaches, and other parents through constructive communication and actions.
- Demonstrate good sportsmanship by behaving in a manner that earns respect from our child, other swimmers, parents, officials, and coaches at all team activities.
- Support the team's training and technical philosophies by allowing H2O coaching staff to direct my child's swimming career. I/we will address any questions or concerns about training directly with the H2O group coach. If necessary, I/we will communicate with our child's coach via email or by appointment outside of practice time.
- Avoid registering my swimmer(s) for, applying for entry to, or attending any competition without the Head Coach's approval.
- Maintain self-control at all times.

Our roles: Swimmers swim; Coaches coach; Officials officiate; Parents cheer.

- Avoid using abusive language toward coaches, officials, or any participating swimmer or family. I will direct all questions about meet officials' decisions to a H2O coach rather than questioning the officials directly.

Failure to comply with the team rules as outlined in this document may result in disciplinary action, including but not limited to:

- Dismissal of swimmers from training.
- Disqualification of swimmers from competition.
- Dismissal of a swimmer from a trip or disqualification from future team travel meets.
- Dismissal of a family from the team.