

Here are basic rules / suggestions that can help a parent become an asset to their team, and a positive force in their child's life.

**Be your child's biggest fan, no matter what. Be positive and supportive, and help them feel better about themselves, especially after a poor swim.**

Your swimmer will feel enough pressure from their coach, their peers, and especially themselves that they don't need more pressure from their parents. In fact, swimmers perform best when they are relaxed. The perfect scenario is when they know that they can mess up in a race, and they will still be loved, supported and encouraged afterwards.

**Don't coach.**

Coaching involves critiquing, and that implies criticism. Swimmers will be instructed **not** to approach parents/family members at the end of every race, it is **important they speak to the Coach first for feedback and complete a swim down** – once these have been done, providing there is enough time until next race the swimmers can then come see you. Your job is to support your child no matter how well they do. Besides, the chances are overwhelming that the coach knows more than you about swimming. If you insist on telling your child how to swim a race, or how to swim a stroke, then your child is now guaranteed to disappoint either the coach or the parent. It's a classic no-win situation for the child. That kind of pressure is what makes kids quit.

It really boils down to this. You've trusted your child to this coach, so let them coach.

**Get involved! Find a volunteer position you feel comfortable with, and help out!**

Most teams are run by volunteers, and we need help to provide the complete program. Many volunteer positions require very little time, or are only required a few times a year. And many of you have expertise that can be an incredible help.

## **Behavior at Competitions**

Denbigh Dragons swimmers are expected to wear a club tee-shirt at poolside between swims.

Whenever and wherever a Denbigh Dragons swimmer wears any item of club uniform, he/she should remember that his/her actions reflect on the image of the club to all who see them. Thus, swimmers should behave in an appropriate manner reflecting the pride they have in being part of the team. Inappropriate behavior will be dealt with in accordance with club disciplinary procedures.

As a matter of courtesy to the officials and meet hosts, swimmers and parents are asked to stay off the poolside unless they are competing or serving in an official capacity. Swimmers should not impede the progress of officials on poolside during events.

As a matter of courtesy, all questions swimmers or parents may have concerning meet results, an officiating call or the conduct of a meet should be referred to the coaching staff. They, in turn, will pursue the matter through proper channels.

**Swimmers should immediately act on the directions of coaches/team manager and should have their goggles and caps easily to hand in preparation for proceeding to the marshalling area.**

**Swimmers after every race will be instructed to promptly return to the team and speak to Coach for feedback on the race and complete a swim down.**

**Swimmers should not leave the poolside without the permission of a coach/team manger and must return promptly when directed.**

As a matter of pride, swimmers should leave the poolside in a neat and clean condition at the conclusion of each session of the meet. This again is a reflection on the image of the club and affects how others perceive it and you. Ensure it is a positive one.

During presentations, swimmers should always offer their congratulations to the other swimmers being presented. This is generally best accomplished by shaking hands and saying, "well done".

Team spirit is a key ingredient of a successful club. Swimmers should cheer their team colleagues, wear team clothing and be proud to be a Denbigh Dragons swimmer. Senior swimmers are expected to serve as positive role models for all team members.

At all times swimmers should:

SUPPORT – Teammates

RESPECT – Opponents

OBEY – Parents

THANK – Coaches

HONOUR – Officials