



Parent/Guardian Expectations

Updated July 2022

Parent/Guardian Practice Expectations

1. Make every effort to get athletes to practices on time. If running late or absent, have your athlete contact the team office at 435-SWIM or swim@penguinswimming.ca and leave a message. Athletes arriving late are disruptive to the practice, their teammates, and coach, and may be asked to sit out. If there are regular circumstances affecting punctuality, please discuss alternate arrangements with the coaching team.
2. Remain in the stands or the designated viewing areas during practices.
3. Let the coaching staff coach. Do not discuss technical coaching issues (ie. swimming technique) with your athlete prior to, during, after, or in between practices.
4. If there are any questions or concerns, please talk to the coach after practice.
5. Treat all facilities, facility staff, coaches, athletes, and parents/guardians with respect at all times.
6. Let the coaching team deal with any behavioural or attention issues during practices. If a parent's/guardian's assistance is required, the coaching team will request it.

Parent/Guardian Swim Meet Expectations

1. Make every effort to get athletes to the swim meet on time. If running late or absent, have your athlete contact the team office at 435-SWIM or swim@penguinswimming.ca and leave a message. Athletes arriving late may be scratched from those days' events.
2. Assume your athlete will be at the pool for the entire duration of the swim meet. Athletes are required to stay until the last team member competes in his/her event, unless excused earlier by the coaching team.
3. Remain in the stands or the designated viewing areas during meets. If spectator seating is not provided, then parents/guardians may sit beside (not in) the designated team area.
4. Let the coaching staff coach. Do not discuss technical coaching issues (ie. swimming technique, race plan strategy) or placing, specific time improvements, and heat and/or lane assignment with your athlete prior to, during, after, or in between swim meets.
5. Do not look at the posted event results (at the pool or on your electronic device) to gather times and/or to review results/placing of your athlete. Penguin Swimming focuses on the process of swimmers' technical improvement (not just time), and not on swimmers' placing at swim meets.
6. During a swim meet, direct any questions, comments, or concerns regarding officiating issues to a member of the coaching team.

I _____ and _____ (please print name) as parents/guardians of an athlete in Penguin Swimming, we understand and agree to meet the Parent/Guardian Expectations.

1st Parent's/Guardian's Signature

Date

2nd Parent's/Guardian's Signature

Date



Parent/Guardian Code of Conduct

Updated July 2022

Parent/Guardian Code of Conduct

The Parent/Guardian Code of Conduct protects the team's reputation in the community and parents/guardians should consider it their responsibility to abide by the Code of Conduct and report any behaviour which does not adhere to the Code of conduct to the coaching team.

Any Penguin Swimming parent/guardian not abiding by the Code of Conduct will be asked to change or stop that behaviour. If the parent/guardian fails to comply, they will be asked to leave and disciplinary procedures will follow.

The Parent/Guardian Code of Conduct includes:

1. Treating all facilities, facility staff, coaches, athletes, and parents/guardians with respect at all times.
2. Knowing each of the roles on the team:
 - a. Athletes – Swim
 - b. Coaches – Coach
 - c. Officials – Officiate
 - d. Parents/Guardians – Parent
3. Understanding that criticizing, name calling, the use of abusive language or gestures, negative gossip or publicly complaining towards coaches, officials, parents/guardians, and/or any participating athlete will not be permitted or tolerated.
4. Conducting and demonstrating good sportsmanship and maintaining self control at all times in a manner which earns the respect of their child, other athletes, parents/guardians, officials, and coaches.
5. Understanding that participating with Penguin Swimming allows each athlete an opportunity to attend practices as assigned by the coaching team, and to be coached by members of the coaching team assigned to that swim program. Any and all other services are offered gratis.
6. Understanding that conduct which brings discredit or discord to Penguin Swimming, Swim Alberta, or Swimming Canada will result in disciplinary action. Penguin Swimming reserves the right to terminate any participation with/without cause in the best interests of the team.

Appropriate behaviour allows everyone the right to learn, to be safe, and to be treated with respect, courtesy and consideration. Consequently, appropriate behaviour with Penguin Swimming is mandatory. Each person must take responsibility for his/her behaviour and make appropriate choices.

The coaching team holds the final word on any rules, regulations, or disciplinary action.

I _____ and _____ (please print name) as parents/guardians of an athlete in Penguin Swimming, we understand and agree to meet the Parent/Guardian Code of Conduct.

1st Parent's/Guardian's Signature

Date

2nd Parent's/Guardian's Signature

Date



Athlete Expectations

Updated July 2022

Athlete Practice Expectations

1. Commit to attend all scheduled practices, and give 100% effort.
2. Wear team swim caps at practices.
3. Make every effort to get to practices on time. If running late or absent, athletes must contact the team office at 435-SWIM or swim@penguinswimming.ca and leave a message. Athletes arriving late are disruptive to the practice, their teammates, and coach, and may be asked to sit out.
4. Report illness or injuries to the coaching team immediately.
5. Set-up the pool, and clean up after practice as required.

Athlete Swim Meet Expectations

1. Wear Penguin Swimming team gear for the duration of the swim meet (team suit, team t-shirt, team cap). Equipment bags must be Penguin bags or appropriate “no name” bags.
2. Be at the swim meet by the prescribed time. If running late or absent, athletes must contact the team office at 435-SWIM or swim@penguinswimming.ca and leave a message. Athletes arriving late may be scratched from those days’ events.
3. Sit together as a team, and stay in the designated team area during the swim meet.
4. Talk to their coach immediately before and after each event, and swim a prescribed warm-down after each event, if facilities exist.
5. Support, help, and cheer for teammates, including staying until the last team member competes in his/her event, unless excused by the coaching team.
6. Follow swim meet nutritional guidelines.
7. Keep the team area clean, and clean up the team area (as required) before leaving the pool deck.

I _____ (please print name) as a Penguin Swimming athlete, I understand and agree to meet the Athlete Expectations.

Athlete’s Signature

Date

As a parents/guardians of an athlete in Penguin Swimming, we understand and agree to the Athlete Expectations.

1st Parent’s/Guardian’s Signature

Date

2nd Parent’s/Guardian’s Signature

Date



Athlete Code of Conduct

Updated July 2022

Athlete Code of Conduct

The Athlete Code of Conduct protects the team's reputation in the community and athletes should consider it their responsibility to abide by the Code of Conduct and report any behaviour which does not adhere to the Code of Conduct to the coaching team.

Any Penguin Swimming athlete not abiding by the Code of Conduct will be asked to change or stop that behaviour. If the athlete fails to comply, they will be asked to leave and disciplinary procedures will follow.

The Athlete Code of Conduct includes:

1. Treating all facilities, facility staff, coaches, teammates, and parents/guardians with respect at all times (including change rooms and off deck areas).
2. Maintaining high standards of behaviour, politeness and sportsmanship at all times.
3. Being respectful of property. The cost of repair and/or replacement of any damage or destruction, negligently or intentionally caused by an athlete to property will be payable by the athlete and the athlete's parent(s)/guardian(s).
4. Conducting themselves in a reasonable and acceptable manner as outlined by the coaching team.
Examples of unacceptable behaviour include but are not limited to:

- a. unsportsmanlike and disrespectful conduct;
- b. breaking curfew;
- c. willful damage to property;
- d. committing any illegal act; and/or
- e. possession of any pornographic material, alcohol, illegal drugs or tobacco.

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The coaching team holds the final word on any rules, regulations, or disciplinary action.

I _____ (please print name) as a Penguin Swimming athlete, I understand and agree to meet the Athlete Code of Conduct.

Athlete's Signature

Date

As a parents/guardians of an athlete in Penguin Swimming, we understand and agree to the Athlete Code of Conduct.

1st Parent's/Guardian's Signature

Date

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Date