

# City of Lafayette Aquatics

## Parents Code of Conduct

### Important thing to keep in mind as a COLA Parent

1. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work. Positive reinforcement of all swimmers in all situations team spirit, team loyalty.
2. As a parent, do not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area). It is our policy that you do not coach your children at practice or during meets, that is the coach's job. As parents, it is absolutely essential that we give our coaching staff the respect, authority, and trust they deserve to run our swim team. If your swimmer sees that you as the parent trusts and respects the coach then they in return will do the same. If you are going to stay at a practice, sit off to the side where the swimmer can not see you.
3. Please do not approach your swimmers coach during practice while they are coaching. You are welcome to talk to the coach before or after practice, or if there is a coach not coaching a lane, but there with the purpose of talking to parents please approach them for assistance. Also, feel free to email or call with any questions.
4. Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials and the coaches at meets and practices. Abusive language towards coaches, swimmers, parents, officials or your own children will not be tolerated. Any behavior that brings discredit or disruption to our swimmers and our team will not be tolerated.
5. Maintain selfcontrol at all times. Know my role.  
**Swimmers – Swim.** The swimmer is here to learn and progress in the sport of swimming, to grow more confident in their abilities and in themselves, and to grow as a person and have fun!  
**Coaches – Coach** Our coaching staff is here because they love Swimming and they love coaching your children. Let them do their job by allowing them to coach, teach, and support your swimmer. .  
**Officials – Officiate** At meets let them do their job. Do not talk to officials about your swimmers swim.  
**Parents – Parent and Support their swimmers.** Always have a positive encouraging remark for your swimmer! Let the coach share things for improvement.
6. As a parent, understand that criticizing, namecalling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.
7. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff. Parents address officials via the coaching staff only.
8. Get involved in our team as a parent and learn about the sport of swimming.
9. Share encouraging words about or team and positive experiences with those in the

community. Share COLA with others. You are the best way for them to find out about what we are doing!!!