



Expectations of Swimmers, Parents/Spectators, Coaches and Swim Team Parent Board

Swimming provides the opportunity for fun, exercise and personal growth to all participants. The spirit of the sport is FUN, FRIENDSHIP and FAIR PLAY!

The Lancaster County Summer Swim League and the Millersville Swim Team disapprove of any form of unsportsmanlike conduct including:

- Making insulting or derogatory remarks, gestures or acts.
- Use of foul language
- Trying to influence or showing disgust with official's decisions
- Interfering with meet officials in the performance of their duties
- Interfering with meet participants

Other guidelines to keep in consideration:
Swimmers:

- Listen to the coaches when they are talking!
- Stay in team area during meets. If you need to leave the area, tell your parent(s) and the people staging where you are going.
- No "horse play". Rest, read, play cards or board games, make bracelets - - bring quiet activities from home to do.
- Know what you are swimming and listen for parent(s) and the people staging calling your name at a meet.
- Have and show respect for your coaches, parents, teammates, opponents, and officials.
- At the end of a race, wait until other swimmers are done and shake hands. Recognize and give credit to the ability of other swimmers.
- Go to Coach Wendy **first** after you swim.
- Make healthy food choices day and evening of meet. Ask your coaches for suggestions.
- Clean up after yourselves.
- Support your teammates and participate in team cheers.

Millersville Swim Team Discipline Code

First Offense: Warning

Second Offense: Parents Notified

Third Offense: 1 Week Suspension

Fourth Offense: Dismissal from Team

Parents and/or Spectators:

- Know what your child(ren) is/are swimming - - check the board provided at the meet.
- Know the order of events at a meet.
- Be aware of the events that are staging.
- Watch your child(ren) - - swim team is not daycare.

- Let coaches coach.
- Stay positive with your swimmer(s) after they race (no matter what their swim was like).
- Respect the head coach's decisions regarding line-ups.
- It is an expectation that all parents participate in one of the duties of each meet: timing, finish judges, staging, set up, clean up, etc.
- Help swimmers make good nutritional choices.
- Introduce (or re-introduce) yourself to Coach Wendy!
- Read all correspondence and know what is happening with the team. If you feel you are not being informed properly, call or email a member of the Swim Team Parent Board.
- When you have a concern, correspond with board members.
- Enjoy watching the swimmers swim!

Coaches will:

- Have high standards for behavior of swimmers.
- Place available swimmers in races, as they deem appropriate, not due to parent pressure. Coaches will coach.
- Have the right to change line up as necessary.
- Be firm when necessary to keep swimmers under control.
- Be accessible to parents.
- Be thrown in the water if the team wins!!!

Parent Board will:

- Set an example for participation.
- Be easily accessible to answer questions and address concerns from parents.
- Keep parents informed.