



Parent Code of Conduct
Sooner Swim Club
Updated: 12/12/25

Purpose

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents, as an effort to be consistent with the Sooner Swim Club (SSC) and USA Swimming mission.

Parent Expectations

I, _____, as a parent member of SSC, understand that I am a part of an organization that believes in that teamwork, integrity, respect and good sportsmanship are more important than winning. I promise to show respect, demonstrate common courtesies, and exemplify good sportsmanship to swimmers, coaches, parent members, and officials while I am at practices, meets, or other team activities. I will support the values of honesty, discipline, commitment, and hard work. I will ensure that my child arrives on time to practices and events and leaves on time with the proper training equipment. I will allow coaches to give full attention to swimmers while at practices and other team events, and will refrain from addressing coaches on deck unless it is an emergency. I will trust and support my child's goals and the coaches' decisions as it pertains to goal setting, training commitments, meet event entries and meet schedules. I understand that I should not impose my own ambitions onto my child. I understand that my active participation in fundraising efforts and other team events will encourage engagement by my child and other swimmers. I will always uphold the SSC mission, rules, policies and coach directives, which will maximize the experience for all swimmers and parents.

Parent Pledge

I agree with the following statements:

- I will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
- I will refrain from coaching my child from the stands during practices or meets.
- I will support the professional coaches as they strive to do what is best for each SSC swimmer. The coaches' expectations and methods are based on USA Swimming, the American Swim Coaches Association, and other recognized authorities. I realize that swimmers become easily confused when coached by parents at the same time as their coaches; swimmers benefit most from positive reinforcement through professional coaching staff's instructions and advice.
- I will respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
- I will demonstrate good sportsmanship during all practices, competitions, and team activities. SSC wins gracefully, loses graciously, and congratulates opponents.
- I will represent SSC with excellence, respect, team spirit, sportsmanship, and politeness.
- I will direct my coaching concerns first to the coach in private; then, if not satisfied, to the appropriate supervisor or a member of the Board of Directors.
- I will not exhibit sexist, racist, homophobic, or otherwise inappropriate behavior and will be faced with consequences if such incidents should occur.
- I will insist at all times that my child abstain from alcohol, tobacco, drugs, or other prohibited substances.

Violations of the Code of Conduct

Should any member conduct themselves in such a way that brings discredit or discord to SCC, or USA Swimming, they voluntarily subject themselves to disciplinary action as seen fit by the SSC Board of Directors and/or Coaching Staff. Upon notification of any violation of the Code of Conduct, a review committee made up of the Head Coach and the Board of Directors, shall promptly investigate the circumstance of the violation. The review committee will determine what disciplinary action, if any, shall be taken. The Head Coach and Board of Directors maintain the right to terminate any SSC member in the interest of SSC's mission and objectives. I agree to abide by the rules set forth by the SSC Parent Code of Conduct. I understand that if I violate any of the rules, I risk disciplinary action.

Signature of Parent/Guardian

Date

Name of swimmer (Print)