



## Parent Code of Conduct

As a parent of a swimmer and member of **Costa Mesa Aquatics Club**, I will abide by the following guidelines:

1. Practice teamwork with all parents, swimmers, players and coaches by supporting the values of Discipline, Loyalty, Commitment and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer or player at a practice or meets (from the stands or any other area) or interfere with coaches on the pool deck.
3. 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.
4. Maintain self-control at all times. Know my role.

**Swimmers – Swim**

**Coaches – Coach**

**Officials – Officiate**

**Parents – Parent**

5. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer or player will not be permitted or tolerated.

6. Enjoy involvement with **Costa Mesa Aquatics Club** by supporting the swimmers, players, coaches and other parents with positive communication and action.

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.

**Sanctions.** Should I conduct myself in such a way that brings discredit or discord to Costa Mesa Aquatics Club, USA Swimming or USA Water Polo, I voluntarily subject myself to disciplinary action. CMAC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.

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Parent/Guardian Signature

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Date