

Y SWIM TEAM™

We build strong kids, strong families, strong communities.

YMCA of Iredell County Seahawks Swim Team

Swim Team Code of Ethics

1. I represent myself as a person, my family, my Y, my team and my community, therefore I will exemplify behavior that will build up and not tear down.
2. I will encourage and practice good sportsmanship during practice and during meets by way of my actions and words.
3. I will attend every practice and meet that I can or will notify my coach if I cannot make it.
4. I will listen and learn to my best ability what my coaches are teaching me.
5. I will show respect to ALL, even if I disagree with them.
6. I should have fun foremost and will inform my coach if it is not.
7. I will encourage my parents and family to be involved in my Seahawks swim team.
8. I will uphold and practice the core values of the YMCA.
9. I will communicate my needs with all involved.
10. I will share with my team my successes and disappointments.
11. I will respect Y property and all other facilities I visit.

I certify that I have read and understand the above statement, and will do my best to abide by it.

Swimmer's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Iredell Seahawks Code of Honor

As a member of the Iredell-Statesville YMCA Dolphins Swim Team:

1. I agree to conduct myself in a mature, courteous, responsible, and exemplary manner.
2. I will compete and participate in ALL of my events to the best of my ability.
3. I will not in any way endanger the safety of another participant.
4. I understand that the use of alcoholic beverages, illegal drugs or tobacco, and the use of profanity WILL NOT be tolerated.
5. I understand that failure to abide by the ISY Seahawks Code of Honor may result in disciplinary action.

I certify that I have read and understand the above statement, and will do my best to abide by it.

Swimmer's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

YSWIM TEAM™

We build strong kids, strong families, strong communities.

YMCA of Iredell County Seahawks Swim Team

The Ten Commandments for Parents of Athletic Children

Adopted from the USA Swimming Parents Handbook by Rose Snyder

1. **Thou shall not impose thy ambitions on thy child.** Remember that swimming is you child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.
2. **Thou shall be supportive no matter what.** There is only one question to ask your child, "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. **Thou shall not coach thy child.** You have taken your child to a professional coach; do not undermine that coach by trying to coach your child on the side. Your job is to support, love, and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or strategy. That is not your area. This will only serve to confuse your child and prevent the swimmer/coach bond from forming.
4. **Thou shall have only positive things to say at a swim meet.** If you are going to be present at the meet, you should cheer and applaud, but never criticize your child or the coach.
5. **Thou shall acknowledge thy child's fears.** A first ever swim meet, a 100 free or a 100 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child the coach would not have suggested the event if your child was not ready to compete in it.
6. **Thou shall not criticize the officials.** If you do not have the time or desire to volunteer as an official, don't criticize those who are doing the best they can. It is also like booing an umpire at a baseball game. It is not sportsmanlike and not what you want to teach your child.
7. **Honor thy child's coach.** The bond between a coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only hurt your child's swimming.
8. **Thou shall know thy coach and thy sport.** Get to know your coach so that you can be assured that his/her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership. Learn the sport so you can discuss your child's questions intelligently and understand what they are doing and trying to achieve.
9. **Thy child shall have goals besides winning.** Giving a good honest effort regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well I did, that someone else did it too, just a little faster than I did. I achieved my goal and lost. This does not make me a failure, in fact, I am very proud of that swim."
10. **Thou shall not expect thy child to become an Olympian.** There are 225,000 athletes in the United States Swimming (year round swimming). There are probably double or triple that in summer league swimming. There are only 52 spots available for the US Olympic Swim Team every four years. Your child's odds of becoming an Olympian are about 1 in 4300, if they decide to swim year round. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he wants to pass that love of the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

I certify that I have read and understand the above statement, and will do my best to abide by it.

Parent's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____