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Dear GCST Parents and Members:

As our organization grows and we continue to expand our programs, we seek to establish or clarify our policies. Our policies help to guide the organization and ensure continued success. One of the first areas to be addressed is parent behavior - specifically, what type of behavior is expected of swimming parents.

Gulf Coast Swim Team is fortunate to have highly experienced, professional coaches working to develop your children into better swimmers and more importantly, disciplined people. As parents, it is absolutely essential that you give our coaching staff the respect and authority they deserve to run our swim team.

GCST as an organization highly encourages the following parental behavior:

- Open communication between parents, swimmers and coaches emphasizing goal-setting and focusing on the performance expectations of both the swimmer and the parents
- Meeting with the coaches/swimmers/parents after practice to discuss issues
- Positive reinforcement of all swimmers in all situations - team spirit, team loyalty
- Parental involvement in organizing and running of meets and other team events

GCST as an organization will not tolerate the following behavior from parents:

- Coaching your children at practice or during meets, that is the coach's job
- Interrupting or confronting the coaching staff on the pool deck during practice or meets
- Abusive language towards coaches, swimmers, parents, officials and your own children
- Any behavior that brings discredit or disruption to our swimmers and our organization

Enclosed is a Parent Code of Conduct. The Code was developed as a standard to emphasize our organization's commitment to making everyone's involvement with our club a positive experience.

Sincerely,

Don Henshaw
CEO/Senior Coach

GULF COAST SWIM TEAM

Parent Code of Conduct

As a parent of a swimmer and member of Gulf Coast Swim Team, I will abide by the following guidelines:

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

Swimmers – Swim
Coaches – Coach
Officials – Officiate
Parents – Parent

- V. 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 will not be permitted or tolerated.
- VI. Enjoy involvement with Gulf Coast Swim Team by supporting the swimmers, coaches and other parents with positive communication and actions.
- VII. 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 GCST, Florida Swimming, or USA Swimming, I voluntarily subject myself to disciplinary action. GCST maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.