

## **PARENT, SWIMMER, AND COACH EXPECTATIONS**

### **As a Swimmer, I will...**

- Value and respect all of my teammates
- Cheer for my team
- Give my full effort & attention at all practices
- Respect and listen to all coaches

### **As a Swimmer I Will Not...**

- Take constructive feedback personally
- Disrespect my coaches, teammates, or other teams
- Make excuses for my failures or weaknesses

### **As a Parent, I Will...**

- Encourage my child with positive feedback
- Support our team and our program
- Celebrate my child's success and help them take responsibility for weaknesses leading to constructive feedback
- Conduct myself in a way that positively reflects well on the ZAGS program

### **As a Parent I Will Not...**

- Coach my swimmer or other swimmers outside of practice
- Speak negatively of the coach or other swimmers in my child's presence
- Address concerns with the coach in the presence of other parents or swimmers
- Engage in negative conversation with other parents in the program

### **As a Coach, I Will...**

- Give my full effort to developing my swimmers and invest in my team
- Have a fully developed and focused plan for each practice
- Treat my swimmers and parents with respect
- Encourage my swimmers with praises
- Correct and provide constructive feedback
- Conduct myself in a way that positively reflects on the ZAGS program

### **As a Coach I Will Not...**

- Degrade my swimmers
- Allow negativity to foster among teammates or families
- Discuss concerns in the presence of other swimmers or families
- Be unprepared for meets and practice