



As a member of the Nation's Capital Swim Club (NCAP), you agree to adhere to the following team policies and rules. NCAP reserves the right to discipline our athletes at any time. This may include, but is not limited to probation, suspension, dismissal, etc. These policies are intended to promote a positive swimming environment for all our families.

FAMILY CODE OF CONDUCT-

Nation's Capital Swim Club has established a Code of Conduct for our families. It is intended to help facilitate a nurturing environment for our swimmers and supportive environment for our coaching staff. As parents/guardians, it is **absolutely essential** to give our coaching staff the respect and authority they deserve in order to run their group. By working together in a partnership with them, our club can successfully help your swimmer achieve their full potential.

- Set the right example for our children by always showing respect and common courtesies to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help NCAP achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Our swimmers do not benefit from mixed messages in coaching during practices or meets. Please provide them with active listening and encourage them to focus on remaining positive outside the pool.
- Trust and support your swimmer's and coach's decisions around goal setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child and instead meet them where they are at all times.
- As our swimmers experience transitions and growth common in their adolescent years, no one can control when and where they will swim their best times. What we can control is the work and dedication they bring to practice. Results will come, so please manage your expectations for best times throughout the year.
- We are proud of the caliber of coaches at NCAP. Please respect them as professionals and allow them to coach your child without interference during workouts and meets. This includes not being present on deck during practice or competitions unless you are working at the meet.
 - Support our coaches as they strive to do what is best for each NCAP swimmer.
 - We encourage you to handle minor grievances between swimmers with the involved NCAP families first. If unsuccessfully resolved, please contact your swimmer's coach.
 - For all other matters, please direct any concerns you may have in private and with respect, first to your swimmer's coach or Head Site Coach; then, if not satisfied, to the main office (sugast@nationscapitalswimming.com).



- We, at NCAP acknowledge, respect and support every person's identity regarding race, identity, sexual orientation, gender identity and all experiences. Parents who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.

Important Reminders:

- ***Parents/guardians are prohibited from contacting a meet director or entering a meet without the coach's consent.***
- ***Parents/guardians must refrain from taking pictures or videotaping at practices.***
 - ***Photos/videos are prohibited by anyone other than a coach or hired professional for training purposes only.***
- ***Know your role: Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent.***
- ***Get involved. be an official, help time, plan a group social. Find something you enjoy!***