



## **BEAR VALLEY SPRINGS ASSOCIATION**

29541 Rolling Oak Drive, Tehachapi, CA 93561  
Phone: 661-821-5537 • FAX: 661-821-5406

---

# BVS GRIZZLIES SWIM TEAM

## Policies and Procedures Manual

**Last Update: September 2015**

**FUN** is a pivotal reason for being involved in a sport.

**Lack of FUN** is a leading reason for dropping out!



Questions or comments can be directed to:

Whitney Whitehead, Grizzlies Head Swim Coach, [swimcoach@bvsa.org](mailto:swimcoach@bvsa.org)

Matthew Bryant, BVSA Sports Director, [mattb@bvsa.org](mailto:mattb@bvsa.org)

Debbie Papac, Recreation Manager, [debbiep@bvsa.org](mailto:debbiep@bvsa.org)

# Table of Contents

---

<b>Mission Statement &amp; Objectives</b>	3
<b>Philosophy of NAYS</b>	4,5
<b>Creating a Protective Shield</b>	5
<b><u>I. General Policies</u></b>	
Participation/Eligibility	6
Sign-ups	7
Team Size Limits	7
Fees	8
Refund Information	
Team Eligibility	9
Competitive Swim Team Goals	10
Off Season Swim Team Goals	10
General information pertaining to both Competitive & off season	10
Uniforms	10
Pick up and Drop off	11
Equipment	11
Medical Emergencies & Safety	11
Practice & Meet Schedules	11
Weather	12
Rescheduling and Event Cancellations	12
Medals and Awards	12
Team Photos	12
Grievances & Suspension and Disciplinary Policies	13
League Rules	13
Alcoholic Beverages, Tobacco and Drugs	14
Evaluations	14
<b>II. Coaches &amp; Volunteer's Section</b>	14-16
<b><u>III. Parents' Section</u></b>	
Responsibilities and Expectations	16
Parents' Code of Ethics & Enforcement	17
Parents: Role Models for Life	17
<b><u>IV. Swimmer's Section</u></b>	
Responsibilities & Expectations	18
Swimmer's Code of Ethics	18
Enforcement of Swimmer's Code of Ethics	18

## **BVS Grizzlies Swim Team Mission Statement and Objectives**

The BVS Grizzlies Swim Team is a member of the Bear Valley Springs Youth Athletic League and its mission is to provide recreational competitive swimming opportunities for all residents and their children who want to participate.

The sport is provided to encourage learning, social interaction, physical exercise, skill development and to promote fun.

The league has formulated these policies to foster this participation, to increase the enjoyment and development of the participating swimmers, and to provide guidelines for swimmers, coaches, parents and department personnel.



Bear Valley Springs Recreations has adopted the policy and guidelines of the National Alliance for Youth Sports for all of our Sports Leagues; including the BVS Grizzlies Swim Team. Some standards are designed for league sports rather than our swim team but are listed in their entirety for you to understand our goals.

### **Philosophy of Youth Sports**

The Bear Valley Youth Sports League strongly believes in the benefits of organized sports for our youth. Participation in sports has proven to be a great asset to the learning experience as children grow, building self-esteem, promoting teamwork, and promoting fitness and exercise opportunities.

The Bear Valley Youth Sports League has incorporated the philosophies set forth in “National Standards in Youth Sports,” a publication compiled by the National Alliance for Youth Sports (NAYS) based on an assembly of 48 of the nation’s leading experts representing a vast variety of disciplines affecting youth sports. The following standards were established:

#### **Standard #1- Proper Sports Equipment**

Parents must consider and carefully choose the proper environment for their child, including the appropriate age and development for participation, the type of sport, the rules in the sport, the age range of the participants, and the proper level of physical and emotional stress.

#### **Standard #2- Programs Based on Well-Being of Child**

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children

#### **Standard #3 – Drug, Tobacco and Alcohol-Free Environment**

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

#### **Standard #4 – Part of Child’s Life**

Parents must recognize that youth sports are only a small part of a child’s life.

#### **Standard #5 – Training**

Parents must insist that coaches be screened, trained and certified.

#### **Standard #6- Parents’ Active Role**

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as spectators, coaches, league administrators and/or caring parents.

#### **Standard #7- Positive Role Models**

Parents must be a positive role model exhibiting sportsmanlike behavior at sports, practices, and home while giving positive reinforcement to their child and supporting their child’s coaches.

**Standard #8- Parental Commitment**

Parents must demonstrate their commitment to their child's youth sports experience by signing a parental code of ethics.

**Standard #9- Safe Playing Situations**

Parents must insist on safe playing facilities, healthful playing situations and proper first aid applications, should the need arise.

**Standard #10- Equal Play Opportunity**

Parents, coaches, and league administrators must provide equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability.

**Standard #11- Drug, Tobacco & Alcohol-Free Adults**

Parents as coaches, fans, and league administrators must be drug, tobacco and alcohol- free at youth sports activities.

To view entire National Standards for Youth Sports document, please visit:

[nays.org/TimeOut/National%20Standards.pdf](https://nays.org/TimeOut/National%20Standards.pdf).

Please note that all standards may not have been adopted verbatim. The Bear Valley Youth Sports League reserves the right to modify standards as it sees fit.

**Creating a Protective Shield**

The Bear Valley Youth Sports Leagues exists to help children in the development of positive life skills and self-concepts. Our goal is to provide safe, enjoyable recreational opportunities for participants.

We are against any forms of abuse or maltreatment of children in youth sports. We each have a responsibility to do what we can to prevent any and all forms of child abuse.

We intend to take reasonable and intentional action to protect participants from any form of abuse or maltreatment and to deal with any transgressions in a timely and appropriate manner.

The Bear Valley Youth Sports League uses all reasonable efforts to screen employees and/or volunteers using a reputable background screening firm (protectyouthsports.com) in order to avoid instances where young athletes may be endangered, neglected or abused.

Although no organization can make every participant 100 percent safe from all forms of abuse, through screening, training, supervision and steps to create a healthy environment for children to thrive in youth sports, we are taking critical steps toward protecting all of our participants.

It is our mission to teach the basic skills which young people need to play sports in a safe and nurturing environment, where all children get an equal chance to play regardless of skill level.

Every child in our leagues has the right to have fun while participating in our program. We will not tolerate any abusive behaviors that may jeopardize a child's well-being.

***Adopted from the National Alliance for Youth Sports Child Abuse and Youth Sports: A Comprehensive Risk Management Program.***

# **I. General Policies**

## **Participation/Eligibility**

1. All Bear Valley Springs youth are eligible to sign-up for the Grizzly Swim Team if they meet minimum requirements and maximum enrollment has not been reached.

2. The Bear Valley Springs Association will permit eligible family members and sponsored non-residents to join the BV Grizzly Swim Team under the following conditions:

- ◆ Property owners are in good standing at the time they are signing up their own children or sponsoring children.
- ◆ The eligibility of the swim team permit it, and all forms have been completed.
- ◆ The resulting team size is within the maximum team size.
- ◆ The swimmers and their guardians agree to abide by general operating and youth sport policies set forth.

Prospective swim team members must be able to complete 25 yards of freestyle consistent with the equivalent ability level of the American Red Cross Level 3 at the discretion of the Head Coach. Level 3 freestyle is defined as follows:

- ◆ Body Position – Trunk is horizontal to 30° from the surface; rudimentary body roll; some side-to-side motion of the trunk and legs is acceptable
- ◆ Legs – Continuous kicking; occasional bicycle action is acceptable; knee or hip flexion on the downbeat is acceptable; feet may break the surface
- ◆ Arms – Above water recovery; some underwater recovery is acceptable; Hands enter the water at the level of the head or above; arm straight during the power pull is acceptable
- ◆ Breathing and Timing – Face in the water and breathing to the side consistently; Occasional head lift is acceptable; arms and legs show general alternating patterns

3. Coaches have the ability to offer swim lessons during their free time before team scheduled practices for those individuals not meeting minimum swim requirements. Check also for the lesson clinic on the 2<sup>nd</sup> Saturday of each month during the off season.

## **Sign-Ups**

1. Because of team size restrictions, signing up does not guarantee a position on the team roster. Therefore, the Bear Valley Grizzlies Swim Team takes sign-ups on a first-come, first-serve basis. Reasonable efforts will be made to add additional members when available spaces open. Enrollment is available year round. Priority is given to BVS residents over non-resident guests when the enrollment reaches capacity.

2. Team Size: The league has established maximum team size based upon pool size and coach to swimmer ratio. This is done to assure reasonable levels of swimming time for each participant and to assure that each has the opportunity to receive appropriate amounts of direction from coaches.

3. The league, from time to time, will approve minor changes to the maximum team sizes to deal with unique circumstances that may arise. Bear Valley Springs Youth Sports League may consult the coach(es) if it makes changes.

4. Medical Form: An Emergency Medical Form must be completed if a child participates in Bear Valley Grizzlies Swim Team.

5. Media Release Form: A Media Release Form must be completed if a child participates in a Bear Valley Youth Sports League sponsored sports program.

6. Proof of age may be required for participation in the Bear Valley Grizzlies Swim Team. If so, only the following manners are acceptable:

- ◆ A photocopy of the swimmer's birth record from the state, county or municipal bureau of vital statistics of the place of birth. HOSPITAL RECORDS NOT ACCEPTED.
- ◆ A photocopy of the delayed registration of birth if the athlete's birth was not recorded on the day of birth, issued by the same bodies.
- ◆ Consular Service Form FS240, "Report on Birth", issued by the U.S. State Department.
- ◆ Immigration and naturalization forms I151 and I25 and Form No. 43R3117 issued by the U.S. Department of Justice.
- ◆ A valid passport, driver's license or Homeland Security card.

## **Fees**

Participant fees for the BVS Grizzlies Swim Team are subject to change at any time.

Non-residents fees are an additional \$20 per child. All non-residents must be sponsored by a Bear Valley Springs resident in good standing.

A monthly fee is established by the Finance committee for residents to participate in the swim team. Each subsequent child from the same family enrolling is given a discount. See application for current fees.

## **Refund Policy**

The following refund policy applies to the Bear Valley Swim Team program:

- ◆ A credit or partial refund may be issued if the pool is shut down for more than 3 days. Any Association shut downs not dependent on weather will be for maintenance issues or by the Health Department regulations and may be required without any advance notice. Dry land training will commence in this case.
- ◆ A credit may be issued when a participant becomes unable to swim because of a medical issue. The patron must present a doctor's statement and notify the coach within the first (5) five days of the month.
- ◆ A full refund may be issued when the participant moves from the area, if the department is notified with (5) five days of the month.
- ◆ A refund may be issued when the team is full.

- ◆ No refunds will be issued when a participant withdraws after the first week of the month.
- ◆ No refunds will be given for paid swim meet events after swim meet entry files have been submitted to the swim meet host.

## **Refund Payouts**

- ◆ Credits for residents will be compiled and refunds distributed by the Bear Valley Springs Association. Non-residents are not eligible for credits; therefore, the refund will be mailed to them.
- ◆ For resident-requested refunds \$50 and under, the patron will receive a credit for future use. This “immediate” refund method will allow patrons to use the credit to pay for future sports programs.
- ◆ For refunds over \$50, a check will be issued by the BVSA finance department and sent to the patron. A \$5 service fee will be withheld, to cover processing costs, on all patron requested refunds over \$50.
- ◆ No cash refunds will be issued at any time.
- ◆ Refunds may take up to four weeks to process.

## **Team Eligibility:**

Swimmers will be rated during a swim practice for their overall swim skills. Other criteria for team selections are as follows:

- ◆ Minimum ability requirement.
- ◆ Maximum age requirement.
- ◆ Safely able to swim the length of the pool as defined in section 1.
- ◆ Not exceeding the capacity of each swim level.

### **Reasoning for the Team Selection Process**

The selection process supports the Bear Valley Youth Sports League Philosophy of Youth Sports in that it creates a safe swimming environment for children to have fun and progress their swimming skills. The maximum participants in each ability level is designed to give the swimmers the correct ratio of coach time and provide swim lanes that are not overcrowded which may hinder the progression of the swimmers.

Specific questions should be directed to the Head Swim Coach.

## **Competitive Swim Team Goals:**

The BVS Grizzlies Swim Team is an active member of the Kern Swim Council, and the Swim Team members are strongly encouraged to participate in the Competitive Season, which begins in late May and finishes in late July. All swimmers should plan on participating in at least one sanctioned meet. "B" meets are included in the swim schedule for beginner competitors and are sanctioned by the Council.

## **Off Season Swim Team Goals:**

The swim team competitive recreation season ends after the last meet in July. For swimmers continuing, at this time monthly fees will start. The off season operates on a month to month basis during the fall, winter and early spring with a holiday break starting the middle of December until the middle of January.

Off-season practices give the swimmers practice and time to improve their overall skills.

During off-season, the team will be focusing on:

- ◆ Endurance
- ◆ Technique
- ◆ Speed
- ◆ Drills

Progress will be assessed by:

- ◆ Interval training
- ◆ Visual assessment
- ◆ Periodic time trials

## **General Information that applies to both Off Season & Competitive Season Swimmers**

- ◆ Team Swim Suits – Swimmers are responsible for providing team swim suits. Competitive swim suits must be solid black one-piece for females, and briefs or jammers for males. There will be opportunities to have the team competitive swim suit customized with the team logo. Swim suit pricing varies depending on style and brand, but typically costs between \$30-\$60. Customizing fees do not exceed \$10. Swimmers may use any type of appropriate practice swim suit.
- ◆ Caps & Goggles – Caps are strongly recommended for females. Goggles are also strongly recommended for all swimmers. Costs are dependent upon personal preference, but typically run between \$10-\$25 per pair.
- ◆ Workout Fins – A pair of workout fins are desirable for all levels of swimmers. These fins should have short blades and be designed for workouts. Costs average between \$15-\$35.
- ◆ Hand Paddles – The BVS Grizzlies Swim Team has a limited supply of hand paddles for older swimmers' use, however, personal preference may influence their use. Hand Paddles typically cost \$15-\$35.

## **Pick-Up and Drop-Off**

Parents are welcome to remain at the pool during swim practice, however if that is not possible, parents should have swimmers at the pool with enough time prior to the start of practice to prepare (changing, getting equipment, etc.). Unless prior arrangements have been made, coaches are required to remain at the pool until all swimmers have been picked up by their parents or a responsible adult. Coaches are not paid beyond the workout times and are not compensated for the time spent waiting with a swimmer to be picked up.

## **Equipment**

Coaches may design workouts that require the use of specialized equipment. The BVS Grizzlies Swim Team supplies the following:

- ◆ Kickboards
- ◆ Pull buoys
- ◆ Hand Paddles
- ◆ Bungee

**All equipment loaned out will need to be checked out and in by a staff member.**

- ◆ All swimmers need to bring a water bottle with them to practices.

## **Medical Emergencies**

1. For any injury or accident that requires something other than a cleaning and covering with a bandage, coaches and parents are required to seek professional medical assistance through a 911 call.
2. All coaches will have access to a first aid kit at all times, located in the Lifeguard Office.
3. Please notify the staff registering if your child has a pre-existing medical condition (i.e. allergies, medications, physical impairments, etc.) at registration. The staff will then inform the coach of the situation.
4. Emergency Medical Forms must be completed for every swimmer and given to coaches to take to away meets in the event that a parent is not present. These can be downloaded off Bear Valley Springs Association website: [bvsa.org](http://bvsa.org)

## **Practice and Meet Schedules**

Practices are set from Monday through Thursday at 4pm during the off season or when school is in session. Beginner swimmers swim from 4 to 5 pm.-advanced swimmers from 4-5:30 pm. During the competitive season / summer months when school is out, the practice times move to 8:00 to 10:00 am, and the first half hour shall be designated for dryland training.

Kern Swim Council sectioned meets are usually held on Saturdays, however, occasionally they are held on Friday evening and Saturdays. Meets usually begin at 8:00 am and conclude in the late afternoon. "B" Meets are held on Tuesday nights, beginning at 5:00 pm.

Meet Schedules will be posted on the Grizzly Swim Team Web site for reference and on the Kern Swim Council website, [www.kernswimming.com](http://www.kernswimming.com).

## **Weather**

A decision to conduct or delay practice will be made by the swim coach 30 minutes prior to the scheduled start time. In the event of thunder OR-lightening, no one will be permitted to enter the water. Additionally, if thunder OR lightning occur during practice times, the pool will immediately be cleared.

- ◆ Notification: In the event that practice will be cancelled the coach will notify you by a group e-mail and a mass text message. Make sure the coach has the current contact information if you are to be notified in this group notification.
- ◆ The Coach will call the Whiting Center to inform them of the decision, who will then be available for calls. Whiting Center number is 821-6641.

The pool will remain closed when the conditions of the decks are icy.

## **Rescheduling**

Coaches, parents and swimmers are expected to attend practices and meets when scheduled. When entered in a meet a reasonable attempt should be made to notify the swim coach if you will not be able to attend.

## **Medals/Awards**

- ◆ Each individual swim meet establishes the awards given to swimmers competing, and how many places will be awarded.
- ◆ Parents and swimmers are not eligible to pick-up awards at swim meets. Only designated team representatives may pick-up awards on behalf of the team.
- ◆ Awards not distributed at the swim meet will be taken to the next practice and distributed there.

## **Team Photos**

The department will schedule team photos during the competitive season only. A makeup day for individual swimmer photos may be scheduled.

A basic photo package consisting of (1) one, 5x7" team photo, and (4) four individual 4x6 and (4) four individual wallets is incorporated in each competitive season sign-up fee.

## **Safety**

A safe playing environment is essential to provide a high quality recreational swim program.

Coaches and/or staff must inspect the deck area prior to the beginning of any practice to look for dangerous materials or hazards.

Coaches should report any and all findings or accidents to the Bear Valley Springs Association staff member on duty, regardless of the nature of the incident; use the accident report form, which can be obtained from the Lifeguard office.

Please report to the swim coach or call 661-821-6641 for assistance with any safety issues or concerns.

## **Grievances**

Any participant, parent or volunteer may file a grievance to staff when necessary.

Grievances will be heard regarding all matters pertaining to conduct in violation of the Bear Valley Grizzlies Swim Team Policies and Procedures Manual.

- ♦ The procedure for filing a grievance is to first provide the Head Swim Coach with written documentation of the grievance, including: date of incident(s), name(s) of person(s) involved, name(s) of any witness(s) and a brief description of the incident(s).
- ♦ If necessary, a meeting with BVSA staff and volunteers running the swim team will be scheduled.
- ♦ If the matter is not resolved, it will be forwarded on to the Bear Valley Springs Association General Manager, and, if necessary, to the BVSA Board for resolution.

## **Disciplinary Policies/Code of Conduct**

The purpose of the Code of Conduct is to insure that there will be a safe and healthy environment for all Bear Valley Springs recreational activities on BVS premises or at BVS sponsored events.

Levels of violation will determine the range of responses that can be taken.

If coaches feel they have a serious disciplinary situation concerning their team, they should contact the sports director for direction.

Disciplinary action can range from suspension from a specific program and recreation center for a week or longer, depending on severity.

For detailed list of violations and code of conduct policies for the recreation department, please contact 821-6641

## **League Rules**

Specific rules for all Kern County Swim Council Swim Meets can be obtained by contacting the swim coach \*It's not available online yet. Parents are encouraged to read the rules to become familiar with sport.

Rule books are also available on the Bear Valley Springs web site at [bvsa.org](http://bvsa.org).

## **Alcoholic Beverages, Tobacco and Drugs**

Alcoholic beverages and drugs are not permitted on or in BVSA facilities, with the exception of the sale of alcohol at the Oak Tree Country Club and pool area during the Pool Season. During swim practices consumption of alcohol is not permitted by parents and adults in the area.

No coach or volunteer shall participate in any swim team practices or meets, while under the influence of alcohol or drugs.

Smoking or use of any tobacco product is not permitted in or around youth sports practices or meets.

## **Evaluations**

Parents and coaches are encouraged to complete the evaluations given at the conclusion of each season at their convenience. They are also encouraged to email comments to the swim coach at [bvsgrizzlies@gmail.com](mailto:bvsgrizzlies@gmail.com).

Staff will review the evaluations and make recommendations when necessary.

## **II. Coaches & Volunteers Section**

The Coaches of the BVS Grizzlies Swim Team are paid employees and meet the requirements of The Bear Valley Springs Association. The Grizzlies Swim Team does rely quite heavily on the parent volunteers that assist and run so many areas of the Team responsibilities. As the representatives of the BVS Grizzlies Swim Team all are expected to behave in a reasonable manner at all times.

Some practical suggestions for acting in a reasonable manner are:

1. Detail your practice and meet plan ahead of time.
2. Survey your practice area for safety hazards and make appropriate adjustments. Notify staff if you need assistance in providing a safe atmosphere.
3. Inform swimmers of safety rules.
4. Do not allow swimmers to participate unattended or involve themselves in horseplay.
6. Spend some time at the beginning of each practice and meet for warm- ups.
7. Practice and follow our program philosophy.
8. Look at the meet from the swimmers' perspective
9. Practice good public relations with parents.

10. Do not use profanity or make derogatory marks towards swimmers, coaches, officials, or spectators.
11. Take care of injuries immediately.
12. Follow up with parents on all injuries.
13. Ensure swimmers have made appropriate transportation arrangements. Do not leave swimmers unattended after practices and sports.
14. Remind swimmers of bicycle and pedestrian safety after practices and sports.
15. Report any unauthorized persons attending your practices and sports.
16. Ensure that all of your assistant coaches follow the program philosophies and guidelines.
17. Display mature attitude.
18. Listen to comments from your swimmers and parents.
19. Provide a good role model.
20. Use common sense.
21. Be the first person to practice and the last to leave.
22. Always follow the guidelines of the National Youth Sports Coaches Association.

## **Minimal Touch Policy**

It is strongly recommended that coaches are not alone with swimmers at any time. Before the season starts, please discuss this with your parents and ask that someone stays at a practice with you if you don't have assistant coaches present.

Along with this recommendation, please be aware that we have a "minimal-touch" policy between coaches and swimmers.

A pat on the back, high-five or a quick hug is appropriate in most circumstances.

Please be aware of each swimmer. Some swimmers may like a quick hug; others will think that is too personal. Because it is hard to judge people at times, not being alone with swimmers is very important.

## **Coach's & Volunteer's Code of Ethics**

I hereby pledge to live up to correct standards by following the NYSCA Coaches Code of Ethics:

- ♦ I will place the emotional and physical well-being of my swimmers ahead of a personal desire to win.

- ◆ I will treat each swimmer as an individual, remembering the large range of emotional and physical development for the same age group.
- ◆ I will do my best to provide a safe playing situation for my swimmers.
- ◆ I will promise to review and practice basic first aid principles needed to treat injuries of my swimmers.
- ◆ I will do my best to organize practices that are fun and challenging for all my swimmers.
- ◆ I will lead by example in demonstrating fair play and sportsmanship to all my swimmers.
- ◆ I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- ◆ I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my swimmers.
- ◆ I will use those coaching techniques appropriate for all of the skills that I teach.
- ◆ I will remember that I am a youth sports coach, and that the sport is for children and not adults.

© National Alliance For Youth Sports

**REMINDER to coaches and volunteers:** Your behavior directly affects the behavior of everyone around you. If you are yelling at an official, then the parents and swimmers think it is okay to yell at them, too. You are a role model for everyone involved.

## **III. Parents Section**

### **Responsibilities and Expectations**

- ◆ Children should arrive at Practice or meets adequately hydrated and nourished. Swimmers should ALWAYS have a water bottle.
- ◆ Parents need to be positive role models at all times. Please show proper sportsmanship at all times, refraining from negativity of any kind.
- ◆ Coaches may be volunteering their time to spend it with your child. Please be supportive of their decisions and don't undermine their efforts. After all, they volunteered when you could not. If you don't agree with a coach, please talk to them at an appropriate time and away from the kids.
- ◆ Please drop off and pick up your children on time for meets and practices. Parents are encouraged to stay at practices to help the coach and be involved with the team, and supervising the swimmers especially while they are in the restrooms.
- ◆ Please report unsportsmanlike conduct or abuse of any kind that you may witness at practices.
- ◆ Competition and taunting between parents is not acceptable.

### **Parents' Code of Ethics**

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge:

- ◆ I will encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every sport, practice or other youth sports event.
- ◆ I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- ◆ I will insist that my child play in a safe and healthy environment.
- ◆ I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- ◆ I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol and will refrain from their use at all youth sports events.
- ◆ I will remember that the sport is for youth – not adults.
- ◆ I will do my best to make youth sports fun for my child.
- ◆ I will ask my child to treat swimmers, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- ◆ I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

### **Parents: Role Models for Life**

Parents: What can parents do to make the sport of competitive swimming more enjoyable for their children and other people's kids too?

- ◆ Be knowledgeable of the sport.
- ◆ Encourage fair play at home.
- ◆ Be supportive; i.e. be sure the swimmer attends practices; pick him/her up on time.
- ◆ Attend meets.
- ◆ Be POSITIVE or QUIET at meets.
- ◆ Be respectful; expect your own children to be respectful.
- ◆ Focus on good nutrition.
- ◆ Volunteer to help coach.
- ◆ Participate in VVS Aquatics programs with your child.
- ◆ Be calm and have good manners.
- ◆ Support the coaches' decisions.
- ◆ Encourage communication between the coach and parent.
- ◆ Ask your own child to describe his/her role, what new skills have been learned.
- ◆ Watch practices.
- ◆ Find specific sport videos; watch them with your children.
- ◆ Concentrate on praising other people's children during meets.
- ◆ Promote good sportsmanship always.
- ◆ Emphasize improved performance, not winning.
- ◆ Be realistic about your child's athletic ability.
- ◆ Make sure your children know that win or lose; you love them and are not disappointed with their performance.

***Parents' daily modeling of fair play, conflict resolution and the "golden rule" encourages swimmers to calmly play with skill on the field.***

## **IV. Swimmers Section**

### **Responsibilities and Expectations**

One of Bear Valley Springs Sports League goals for offering sports to the youth of Bear Valley Springs is to provide the highest quality of athletic programs along with a positive experience for the child. The following are responsibilities we feel the participant has in this process:

- ◆ Swimmers will listen to their coaches and be respectful of their elders.
- ◆ Swimmers will take care of the facilities, equipment, and uniforms, which they are given.
- ◆ Swimmers will make sure to eat the right foods and drink plenty of water before and after practices and sports.
- ◆ Swimmers will avoid all types of taunting and belittling remarks to their teammates or opponents.
- ◆ Swimmers will show good sportsmanship at all times, win or lose.
- ◆ Swimmers will not make sports a priority over schoolwork or family.
- ◆ Be present, on time, and prepared for all practices and meets.
- ◆ Swimmers will participate for the love of the sport and competition and not to win at all cost.

### **Swimmers' Code of Ethics**

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following the Swimmers' Code of Ethics Pledge:

- ◆ I will encourage good sportsmanship from fellow team members, coaches, and parents at every sport and practice by demonstrating good sportsmanship.
- ◆ I will attend every practice and sport that I can, and will notify my coach if I cannot.
- ◆ I will do my very best to listen and learn from my coaches.
- ◆ I will treat my coaches, other swimmers, officials and fans with respect, regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- ◆ I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun.
- ◆ I deserve to play in an environment that is free of drugs, alcohol, and tobacco and expect adults to refrain from their use at all youth sports events.
- ◆ I will encourage my parents to be involved with my team in some capacity because it's important to me.
- ◆ I will do my very best in school.
- ◆ I will remember that sports are an opportunity to learn and have fun.

