



Parent Code of Conduct

Helena-Butte Dolphin Swim team has experienced, professional coaches working to develop our children into better swimmers and at the same time teaching and instilling important life skills. These skills include time management, self-discipline, perseverance, and sportsmanship. Your swimmer will reap the benefits of swimming long after their participation with HDST ends.

As the parent of a HDST swimmer, you agree to follow the rules for behavior and sportsmanship:

Set a Good Example. Show Respect and be Polite to EVERYONE

- Follow USA Swimming Safe Sport Policies.
- Set the right example for our children by always showing respect and common courtesy to ALL other teams, swimmers, coaches, and officials.
- Demonstrate good sportsmanship. Win gracefully. Lose graciously. Congratulate all our opponents.
- Have your swimmer arrive on time for practices and meets.
- Help your swimmer to organize their time so that they will be successful in school and in the pool. Attendance is essential to experiencing success in the pool.
- Help HDST achieve our goals by avoiding all criticism of other teams, coaches, parents, and officials either thought words, gestures, on social media, or to other parents.
- Look for opportunities to build rapport with other teams that we compete and work with.
- Treat our own facilities and facilities we visit with respect and leave them better then we found them.

Know Your Role

- Swimmers swim. Coaches coach. Officials officiate. Parents parent.
- Love your kids with positive reinforcement and encouragement.
- Do not coach your child at practice or during meets.
- Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the professional coaching staff's instructions and advice.
- Maintain open and honest communication among all members of the HDST family. We reach our common goals by working together.
- Ensure that responses on any of the team's communications channels (voicemails, email, BAND, Social Media, etc.) remain professional and considerate.
- If you or your swimmer have an issue with another swimmer or parent please report it through Safe2Talk form found on the Dolphin website, so Coach Beth and Alana can find the best way to resolve the situation.
- If you have coaching concerns, address it with the appropriate coach in private.

Meet Etiquette

- Respond in a timely manner for meet entries. The coaching staff has final approval on each swimmer's meet entries.
- Once we submit meet entries, we cannot change events.
- Entry and meet fees will automatically be charged to your account the Thursday before the meet, even if you have scratched your swimmer.
- Show up to the meet early to ensure your swimmer has time to check in and relax before their swims.
- Questions about a disqualification? Direct your questions to the coach. Do not approach officials at a meet.
- Do not go behind the blocks, or step onto the pool deck in certain facilities, unless you're officiating or timing. The only exception is if your swimmer is an 8u and you have prior permission from the coaches.
- Hold a positive image for our team. Wear our Logo! Keep setting that good example.

Get Involved!

- Become a USA Swimming Official.
- Help plan a group social.
- Volunteer at meets. Every meet requires a number of volunteers from each team to operate smoothly. Typically, they will call for timer volunteers before the start of the meet. This is an easy job and allows you to watch the meet from right at the water's edge.

If you violate these codes or behave in a manner that brings discredit or discord to HDST or USA Swimming, you may be subject to disciplinary action. HDST maintains the right to suspend or terminate any membership with or without cause.

