



Parent Responsibilities

To a large extent, the success of FRAC depends on the support of its parents. Parents are needed in many areas in order for our club to function efficiently. Therefore, all parents are required to take an active role in helping the team. This includes getting your swimmer to and from practices and meets, helping by timing and/or officiating, and by participating in fundraising events just to name a few. Everyone has something to offer!

Some guidelines that will help you and FRAC:

1. Be aware of your swimmer's workout time. This information will be given to you by the coach and will also be distributed monthly via the team email list. Please make sure FRAC has your current email/phone contact info. Have your swimmer ON TIME to practice. It is also very important that they are picked up on time. Everyone wants to go home and another parent or coach may end up waiting if you are late.

2. Volunteer your time. It takes many volunteers to run a successful swim program. Your energy and ideas are needed. We're counting on you! FRAC is run entirely by volunteers and it is important to our swimmers that everyone does their fair share.

3. Pay your monthly fees on time. FRAC payments are due by the fifth of each month and become delinquent on the tenth. A late fee of \$5.00 will be charged after the tenth. Any swimmer with unpaid fees will not be allowed to practice or attend meets until dues are paid in full. There are two ways to make your FRAC payment:

A. We have a file box labeled "Dues & Registration" that is always located on a blue table near the pool deck. Simply make your check payable to FRAC and place into the file labeled "Dues"

B. Another way is to set up your online bank account to send a check directly to FRAC, P.O. BOX 246, Yuba City, 95992.

How to be a Successful Swim Parent

With the Coach(es):

Don't try to talk to the coach(es) while they are conducting workouts. Consider the pool deck a classroom. Would you interrupt a classroom teacher while he/she was in the middle of a lecture? If the coach is not talking to the swimmers, he/she is thinking, watching, or analyzing. If you need to speak with the coach, please do so before or after practice. If the conversation will take more than a few minutes, arrange a time to meet with him/her when they have more time and can give you their full attention.

Leave the coaching to the coach(es). They are professionals dedicated to insuring that all swimmers improve at the proper rate and that the best is attained for each swimmer. Parental "coaching" may adversely affect your child's performance and it may also cause your child to lose faith in his/her coach. It is ESSENTIAL that the parents support the coaches!

Watch workouts from a distance. Do not talk, signal, wave to or admonish your child while he/she is in the pool. Please keep at a reasonable distance from the pool deck (i.e. the blue tables on deck or the covered bleachers). Please do not circle the pool perimeter as it can be a distraction to swimmers and coaches.

At Meets:

Make every effort to sign up for team meets listed on the FRAC Team Meet Calendar. This meet calendar can be found on our team website, www.fracattack.org or on the bulletin board located on the pool deck beside the snack bar.

Volunteer to Help. There are lots of jobs, most of which are fairly easy and fun. Someone will be more than happy to show you how. Helping out often gives you a ring-side seat and can be more fun and less tiring than sitting in the hot sun all day! Besides, it's a great way to meet other parents and learn more about the sport of swimming.

Encourage your swimmer. If he/she feels they have done poorly, offer encouragement and reassurance that next time will be better. Be supportive of your swimmer(s)! They are working extremely hard!

Never scratch your child from an event without talking to the coach first.

Never argue with an official at a meet. Let the coach handle any and all problems.

For younger swimmers, make an effort to get them to their race on time. We don't want swimmers to miss their race (the whole point they're at the meet!)

Discipline:

Rules are set up for the safety and well-being of everyone involved.

If you, as a parent, have difficulty with another swimmer's behavior or attitude, discuss it with the coach(es). If the problem is not resolved, discuss it with your FRAC Board.

With Your Swimmer:

Be Positive.

Be Patient.

Be Praising of his/her performance.

Give child a Positive Self-image.

Importance of Parent Participation

FRAC provides the opportunity for parents and children to interact in a wholesome sport which can lead to many rewarding experiences.

It is a well-known fact that parental support has a direct positive impact on children's development. Very few outstanding swimmers have achieved their success without the support, influence and direction of their parents. FRAC encourages parents to take an active role in the development of our club, as well as the development of their children. You have the opportunity to help FRAC as a Board Member, Officer, Committee Chairperson, or Parent Volunteer.

As you become more and more involved in swimming, you may decide to become a CARDED OFFICIAL. What is a CARDED OFFICIAL? These are volunteer parents who officiate at swim meets. Without these volunteers, meets cannot be held. Next time you are at a meet, count the number of volunteers that are required to successfully run a meet, then double that number and you may come close to the actual number of volunteers actively involved. Ask your Board how you can become a Carded Official. They will provide you with more information.

Get Involved...BE A VOLUNTEER.





Parent Code Of Conduct Form

All members entering into the Feather River Aquatic Club are members of our family. We would hope that when questions and concerns arise, everyone involved would contact the board for direct answers. This code has been developed as a standard to emphasize our organization's commitment to making involvement with our club a positive experience.

As a parent of a swimmer and member of FRAC, I will abide by the following guidelines:

- 1. Practice teamwork with all parents, swimmers, and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.**
- 2. 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 the coaches on the pool deck.**
- 3. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and coaches at meets and practices.**

4. I will maintain self-control at all times. I will know my role.

5. SWIMMERS-SWIM

COACHES-COACH

OFFICIALS-OFFICIATE

PARENTS-PARENT

6. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

7. I will enjoy involvement with FRAC by supporting the swimmers, coaches, and other parents with positive communication and actions. I will refrain from negative remarks/conversations on the pool deck.

8. As a parent, I understand that it is my duty to be involved in the organizing and running of meets and other team events. FRAC is run entirely by volunteers and I understand that it is vital to our team that every one of us does our fair share.

Sanctions: Should I conduct myself in such a way that brings discredit or discord to Feather River Aquatic Club, or USA Swimming, I voluntarily subject myself to disciplinary action. FRAC maintains the right to terminate any membership with/without cause in the interest of our vision, mission and objectives.