

Additional (PARENT) Contract Guidelines

WHAT TO DO AS A PARENT

- ❑ Communicate with and support your child. Ask your child about practices and about their friends.
- ❑ Every so often, even if your swimmers are older, sit through a practice at LaFollette and at the YMCA and observe your swimmers. Are they working hard and being respectful to the coaches? How are they treating others in the water and between sets?
- ❑ Dads and Moms should also help out and pop into the locker rooms occasionally when the swimmers are getting ready to go home. Are the swimmers being kind to their teammates in manner and speech? Are they being gentle with lockers and other property of the YMCA. Have they turned off the showers?
- ❑ If your swimmer is being harassed in any way, the coaches cannot help if they do not know about it. If this should occur and your swimmer does not feel as if they can tell the coaches on their own, have a quick private meeting with the head coach and discuss it. Many times these situations are quickly resolved when coaches gather all the swimmers together and without naming names, discuss what harassment means. Be aware of the harassment policy (Page 9).

WHAT NOT TO DO AS A PARENT

- ❑ Realize that, as a MEYO parent, you are a role model for your child and an ambassador for the YMCA and the MEYO Swim Team.
- ❑ Because parents and coaches are allies, you will be notified with a phone call if your child has to be suspended from practice, a relay, or an entire meet. Do not undermine the coach's authority to your friends or to your child. Your child will lose respect for you and the coach. As a result, your child will not learn the lesson that is being taught through the disciplinary procedure and will eventually cause future problems for all concerned.
- ❑ Do not disrupt practice with your questions or concerns. PARENTS ARE NEVER ALLOWED ON DECK DURING PRACTICE. Meet with coaches before or after practice so you can have their undivided attention and your concerns can be dealt with quickly and efficiently.
- ❑ NEVER UNDERMINE A COACH'S AUTHORITY AT A MEET. If this should ever happen, all swimmers in that family will be suspended from swimming in the next two meets Parents are not allowed on deck at a meet so coaches can give all of their attention to the swimmers. Many times there are thousands of spectators at a meet and a disgruntled parent will only embarrass himself, his child, the entire MEYO team, and ultimately the YMCA. No problem is so earth shattering that it cannot be discussed calmly after the meet is over.

GRIEVANCE PROCEDURES

1. If a question or disagreement arises regarding training, practice, coaching philosophy, swimmer's behavior or meets, arrange for a private meeting with the head coach, Lynn Stickels, as soon as possible. Many times problems can be resolved quickly with a face-to-face meeting where all of the facts can be discussed in a calm and respectful manner.
2. If a question arises concerning the operation of the MEYO Advisory Committee, contact the President of the Committee. Names and telephone numbers of all committee members are listed on the last page of the handbook.
3. If you have a grievance and are still not satisfied, write a letter to the MEYO Advisory Committee stating the concern, or attend the next Advisory Committee Meeting. The Committee meets once per month and is open to all MEYO parents. Meeting dates are listed in the calendar portion of the handbook.