



Parent Code of Conduct

TIDE parents are part of the Tide Swimming family and are important members of the team. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to support team activities and to provide the coaching staff with respect and the authority to coach the team. To that end,

- I will review the Safe Sport information presented on both TIDE websites so that I understand my role as a parent in ensuring that my child is training in a safe environment.
- I will set the right example for my swimmer by demonstrating sportsmanship and showing respect and courtesy at all times to team members, coaches, competitors, officials, parents, and the staff at all practice and competition facilities.
- I will stay informed by reading email sent to me by my child's coach or other TIDE leaders.
- If I have a service hours requirement I will make working those hours a priority to support the team's efforts to host competitions that will benefit my child and his/her teammates.
- I will support my child with words of encouragement and affirmation.
- I will direct any concerns about my child's swimming experience first to my child's lead coach, then if not satisfied, to the appropriate supervisor.

I understand the above expectations and further agree to uphold Tide Swimming's core values of passion, respect, integrity, gratitude, courage, and performance by modeling the following behaviors:

Grit

- Display mental toughness over time and through adversity.
- Celebrate failure; learn from your mistakes.
- Finish what you start. Persevere.

Respect

- Behave with positive intent in how you listen, speak, and act.
- Be punctual, present, and prepared.
- Take pride in your environment.

Integrity

- Be honest and transparent.
- Honor your commitments and be accountable for your actions.

Gratitude

- Be thankful by showing appreciation and support for all.
- Honor relationships.

Merit

- Bring meaningful contributions daily.
- Grateful for everything, entitled to nothing.

Performance

- Be accountable to your highest standard.
- Commit to and appreciate the journey.
- Strive together!