

SUPPORTING YOUR SWIMMER

A Parent's Guide Swimming Swim Meet/Practice Do's & Don't's...

DO FOR YOUR CHILDREN:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasise fun, skill development and other benefits (cooperation, competition, self-discipline, commitment).
- Show interest in their participation: help them get to practice on time, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Give swimmer space when needed. Part of sports participation involves them figuring things out for themselves.
- Keep a sense of humour. If you are having fun and laughing, so will your child.
- Provide regular encouragement.
- Be a healthy role model for your child by being positive & relaxed, and by having balance in your life.
- GIVE THEM UNCONDITIONAL LOVE WHETHER THEY WIN OR LOSE!!!

DO WITH YOUR COACHES:

- Please leave the coaching to the coaches
- Give them any support they need to help them do their jobs better
- Communicate with them about your child. You can learn about your child from each other.
- Inform them of relevant issues at home that might affect your child at training.
- Inquire and be involved about the progress of your children.

YOU CAN HELP YOUR CHILD BECOME A STRONG COMPETITOR/SWIMMER BY...

- Emphasising and rewarding effort rather than outcome.
- Encouraging and guiding your child, not forcing or pressuring them to compete.
- Emphasising the importance of learning and transferring life skills such as hard work. Self-discipline, teamwork, and commitment.
- Emphasising the importance of having fun, learning new skills, and developing skills.
- Showing interest in their participation in sports, asking questions.
- Giving your child some space when needed. Allow children to figure things out for themselves.
- Keeping a sense of humour. If you are having fun, so will your child.
- Giving unconditional love and support to your child, regardless of the outcome of the day's competition.
- Realising that your attitude and behaviours influences your child's performance.