

Swimming Parents Guide

Please accept this as a guide to “get the most of your experience with your club”.

Develop an Environment of Success

Please do not underestimate the value of your role in creating an Environment of Success. Parents have a significant role in developing a positive and supportive environment that is conducive to “creating the opportunity to develop excellence in life through swimming.” Like a bank account, to generate wealth we want to make many contributions and few withdraws to our club’s Environmental Bank Account.

The following is a list of things that a parent can do to contribute to the environment:

Affirmations

- To Speak Positively to Yourself about Your Swim Club
- To Speak Positively about Your Swim Club at Home
- To Speak Positively about Your Swim Club at the Pool, and in the Bleachers
- To Tell Friends, Relatives, and Others about How Great Your Swim Club is

If you have any concerns or questions please contact us. Silent concerns and unanswered questions do not generate results, only frustration. We would like to ask that concerns or questions are dealt, after taking a moment to think logically about the issue (having removed emotion), with the following person:

Swimmers Progress	– Group Coach / Assistant Coach / Head Coach
Club Structure	– Head Coach
Coaching	– Supervising Coach, Head Coach, Club President
Non-Swimming Issues	– Board of Directors or Committee Heads
Club Policies	– Club President

Additionally, we ask that all parents observe the swimming rules, including Club, Facility, and Swimming Rules. Please lead by example.

Recognize the Process

Swimming is Process Orientated sport. This philosophy is based on the need to place more emphasis on the process and less on the outcome. A swimmer who is happy, healthy, enjoys learning, and is motivated to work hard will be more successful than a swimmer who seeks the rewards without the above mentioned skills. It is essential that swimmers develop well roundness and a high level of execution of fundamental skills.

This philosophy only holds if it is delivered by the Coaches and the Parents. As a result, parents are asked to:

- Provide Unconditional Love
- Encourage Effort and Skill Refinement over Results
- Not to Compare your Child to other Athletes (each child develops differently)
- Not to Time your Child (Please – no personal Stop Watches at Swim Meets or Practices)

Celebrate Accomplishments

There are many, many small victories around us. Without effort, countless of these go unnoticed or unrecognized. When credit is due we should be generous with our praise.

There is a book titled, “Winning isn’t Normal”. What a great title – it says a lot! If we look to recognize only the first place results, we will be failing far, far more than we succeed. Swimmers are capable of performing specific skills at a practice or a competition at a standard higher than they have ever achieved before and still not win, or even get a best time.

Swimmers are motivated by the achievement of skills; being proud of their accomplishments; being supported by peers, family, and coaches.

There are a number of ways that parents can encourage and help the Celebration of Accomplishments, including:

- Being Proud of your Child’s Small Victories
- Encourage your Child to be Proud of their Accomplishments
- Be Proud of the Accomplishments of your Team
- Being Generous with your Praise to you Child
- Recognize the Accomplishments of Others

Also, a bit about the method of celebration, bragging or showboating tends to backfire. There is something to be said for being humble. Yes, celebrate your accomplishments, but do it in an appropriate manner. (Constant talk about your child’s successes tends to turn others away.)

In General

For Parents and their Children to get the most of their experience with the Your Swim Club, please help develop an environment of success by making many positive contributions. Recognizing to value the process more than the outcome, be proud, celebrate accomplishments with praise and recognition of others.