

## COACHING AND PARENTING

We cannot stress enough the importance of the coach-swimmer relationship.

When parents interfere with opinions of how a swimmer should swim, considerable confusion can follow as to whom the swimmer should respect.

If you as a parent have a question or an opinion about your child's swimming, talk to your child's coach.

"Negativism" can scar a swimmer and hinder the club's program. "Bad mouthing" is easier than looking for a constructive solution to a problem. It is lazy to just tell a club swimmer to beat the other team at all cost than to encourage that swimmer to do her/his best, that is all that is asked.

Parent and Coach want to avoid this. Coaches are readily available; their humble attitude promotes positive communication.

Take problems to the person best equipped to handle them and seek a solution.

Parents should provide love and encouragement that bolster the swimmer's confidence along the way.

The coach is responsible for the constructive criticism of a swimmer's performance. In swimming, as in other endeavors, peaks and valleys appear along the long road of work-swim-more work. Coaches work best at coaching when parents are parenting.

Competitive swimming will carry over into that swimmers adult life. On the job, that swimmer will be able to absorb constructive criticism from their boss, strive to do better in job performance and be a success.

A swimmer will also know to avoid a boss that is demanding and unreasonable with little input given. This boss will not assist this swimmer to be a success personally but is only interested his/her own success.

That swimmer will know from years of encouragement, belief and support from parent and coach that they deserve a better job.

We believe all a child needs is a genuine desire for competitive athletics. A coaching staff will attend to swimming techniques. The parent will attend to the love and support.

Which in the end all that is really needed is the right competitive desire and a positive attitude.

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