

Caldwell Swim Club Competitive Advantage

This is from the Competitive Advantage, 226 Strong Street, Amherst, MA 01002, 413-549-1085, Fax 413-549-4196, Dr. Alan Goldberg at a United States Swimming LSC Workshop Cadre.

Getting Parents on the Team, Dr Alan Goldberg:

A successful swimming experience depends on parents being proactively trained to play the right role on the parent-swimmer-coach team. Coaches should take the time in the beginning of the season to educate parents on their very important support position. The coach should appeal to the parent's proper involvement for the team's and their child's success. In parents meeting sand in written hand outs the coach should present and discuss the correct parents, coaches and swimmers roles, the do's and don'ts for success.

Parents Role:

1. Don't Coach – leave coaching to coaches. This includes pre-race psyching, motivation, after race critiquing, setting goals, enforcing additional cross training, etc.
2. Support the Coach – your coach is the expert. They need your support for everyone to “win”.
3. Support the program – get involved, volunteer, help out at meets, fundraisers, etc.
4. Be your child's best fan – support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
5. Support and root for all swimmers on the team – foster teamwork, your child's teammates are not the enemy, when they go faster than your child; your child now has a wonderful opportunity to improve.
6. Do not bribe for offer incentives – your job is not to motivate, leave this to the coaching staff, bribes will distract your child from proper race concentration.
7. Take your concerns and problems directly to the coach – if you have a problem with the coach, do not go to other parents to discuss it, go

Caldwell Swim Club – Competitive Advantage Information

straight to the coach involved, talking behind the coaches back will not get you what you want.

8. Understand and display appropriate meet behavior – remember your child's self-esteem and race performance are at stake, be supportive, cheer, be appropriate.
9. Monitor your child's stress level at home – keep an eye on your swimmer to make sure he/she is handling stress effectively from the various activities in their life.