

“It’s More Than Just Swimming”

- The Roles of the “Team”
- Our Mission & How It Relates to the Rapport We Aim For
- Common Parent Issues/Questions

I. Understanding Roles of the Team

A. Coach

1. Physiologist
 - a) Construct a progression
2. Psychologist
 - a) Inspire/motivate
3. Teacher
 - a) Not every student will swim forever, but can you leave an impression that lasts a lifetime?
4. Mentor
 - a) Lead by example
 - b) Guidance to become the best possible version of themselves
5. Ensuring the swimmer’s long-term development
 - a) Making decisions today that will make them better tomorrow

B. Parent

1. Trust the Coach
 - a) The coach’s decisions are in the best interest of the swimmer
 - (1) Everything has a lesson or purpose if - and only if - the coach brings attention to it
2. Trust the Process
 - a) Struggles are a normal part of development (Let all successes and failures be the swimmers)
 - b) Every swimmer has his/her own timeline (“What can we do at home to speed up the process”)
 - c) Beware of comparing (“Sam, over there, learns way faster than my little Jackie.”)
3. Motivate
 - a) Intrinsic versus Extrinsic
 - b) Process driven versus results orientated

- c) Success for the parent or success for the swimmer
4. Use swimming as a tool to teach life lessons
 - a) Worrying about what you can control
 - b) Doing your best - versus - being the best
 - c) Examples?
5. Asking the appropriate questions
 - a) Look-up: “Questions Parents Don’t Ask (the Coach)” by Don Heidary
6. Being your swimmer’s biggest fan
 - a) Controlling reactions at meets
 - b) “I just love watching you swim”
 - (1) “What Makes a Nightmare Parent” & “What Parents Should Say As Their Kids Perform”
7. Worrying about your swimmer only
 - a) Other swimmers’ results are beyond your control
 - b) You can only influence how your swimmer things, acts & reacts
 - c) Whether your child drops time or not, is NOT a reflection of your parenting, but whether they are able to respond to problems appropriately, handle losing or win with grace is!
8. Be a team player and support everyone

C. Swimmer

1. Trust the Coach
2. Trust the Process
3. Understand the reasons for success
4. Set Goals
5. Set Expectations
6. Practice With Intention
7. Apply Lessons from Swimming to Life
8. Communicate With Coach
9. Worry About Yourself and What You Can Control
10. Inspire Others
11. Be a Part of the Team

II. Our Mission (Passion) as Coaches

- a) What do families want out of this?
- b) What do I want swimmers to come away with?

- c) Do my goals and intentions [as a coach] provide parents with peace of mind?
- d) Do my practices show my intentions?
- e) If I recorded my practice, would my actions, language, plan, etc. match my intentions and mission?

B. It MUST be fun

- 1. In order for the program to be successful, the swimmers must want to come back

C. It's more than just swimming

- 1. Coach's Mantra: My goal is to make the best possible [insert name here] I can; if in the process, we get faster - then GREAT!
- 2. Swimming is a tool to teach _____
 - a) Commitment
 - b) Responsibility
 - c) How to become comfortable w/ uncomfortable situations
 - d) What else??
- 3. How can we make swimming applicable to life?
 - a) A swimmer whose parent "does all the talking"...
 - b) A swimmer terrified of the water...
 - c) A swimmer dwelling on the rapid improvement of others...
 - d) A swimmer who doesn't listen...
 - e) A swimmer who doesn't want to be there...

D. It's all about self improvement

- 1. "Be better than you were yesterday"

III. Parent Issues/Questions

A. Talking to coaches on deck

- 1. How does this impact:
 - a) Safety?
 - b) Quality of the lesson?

B. Talking/encouraging swimmers during practice

- 1. We want child to focus on the coach for their personal satisfaction rather than to please parents (All successes/failures are theirs)
- 2. May conflict with what coach wants

C. Carrying swimmers' gear, fixing their goggles, putting their things away

1. How does this take away from what we are trying to teach
- D. “What can I do to help my swimmer improve?”
 1. Refer to *Parent’s Role*
- E. QUESTIONS??



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