

TEN COMMANDMENTS FOR SWIMMING PARENTS

THOU SHALT NOT IMPOSE YOUR AMBITIONS ON THE CHILD. Remember that swimming is your child's activity. Improvement and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes, and don't push your child based on what you think they should be doing.

THOU SHALT BE SUPPORTIVE NO MATTER WHAT. There is only one question to ask your child: "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

THOU SHALT NOT COACH THY CHILD. You have taken your child to a trained coach; do not undermine that person by trying to coach your child on the side. Your job is to support and love your child no matter what and the coach is responsible for the technical part of the job.

THOU SHALT HAVE ONLY POSITIVE THINGS TO SAY AT A SWIM MEET. If you are going to show up at a meet, you should cheer and applaud, but never criticize your child, other children, the coaches or officials. Always strive to set a good example for your child.

THOU SHALT ACKNOWLEDGE THEIR CHILD'S FEARS. A first meet or every meet can be a stressful situation. Don't yell or belittle, just assure your child that the coach would not have suggested his or her swimming if your child were not ready for it.

THOU SHALT NOT CRITICIZE THE OFFICIALS. If you do not have the time or desire to volunteer as an official, don't criticize those who are doing the best they can.

HONOR THY CHILD'S COACH. The bond between coach and swimmer is a special one and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child. It will only serve to hurt your child's swimming.

THY CHILD SHALL HAVE GOALS BESIDES SWIMMING. Giving an honest effort, regardless of outcome is much more important than winning.

THOU SHALT PLACE YOUR CHILD ABOVE EVERYTHING. Ask yourself this question: Are your child's goals more important to you than they are to your child? Remember that the focus of youth sports should be fun. Children are constantly changing, and their goals, interests and participation in activities will change.

THOU SHALT ENCOURAGE RESPECT, SUPPORT AND ENTHUSIASM FOR TEAMMATES AT PRACTICES AND AT SWIM MEETS.

HAVE FUN AND ENJOY THE SEASON!