

## ***SYAC Parent Education Program***

The goals of the SYAC Parent Educational Program are four fold:

- Improve parents understanding of their child's sport
- Communicate parental roles and responsibilities
- Provide a regular forum for questions
- Build the community of SYAC parents

### Normal Date

The normal day of these sessions is the last Wednesday of the month - but no session in August. This may be changed due to team conflicts (e.g., meets, social events) or holidays (e.g., Thanksgiving). Wednesday was picked as the standard day because Wednesday has high practice attendance.

### Time and Agenda

We will typically meet from 5:30 until swimmer pickup (a little after 6:00). The sessions will normally have 15 to 20 minutes of prepared material and then question and answer time. Questions can be on the topic of the day or anything of your choosing.

### Where

At the pool. Unless told otherwise meet at the bulletin board.

### Topics

There are topics planned for all parent types - from new parents to parents who have extensive swimming or athletic experience.

- New Parents Meeting - twice a year - broad based in scope and focused on topics of importance to parents that are new to the club.
- Coaches - twice a year - technical discussion of some aspect of the sport such as stroke development, training theory, or age group progressions.
- Officiating and rules - once a year - a team official will lead a discussion of the technical rules of swimming and discuss how parents become officials
- Parenting a Swimmer - throughout the year - led by interested parents. Focus is on the role of the parent on the team - ideas include how to be a parent of a swimmer, how the team puts on a swim meet, swimming terminology, practice theory, and web usage. Eventually the goal is to have the parents select topics of interest.

### Web site

Look for the parents section on the SYAC web site - this will include updated schedule and materials of interest to parents.

### Parents Education Coordinator

Questions? Topics you would like to see? Would you like to lead a session?  
Contact a member of the board