

### **Fins I:**

Introduce all four strokes, streamlining, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

Parent Tips:

- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage participation in other sports and activities.

### **Fins II:**

Build on all four strokes, streamlining, kicking development, workout etiquette, develop body awareness within the water, fun and foster interest in sport of swimming.

Parent Tips:

- RELAX!! Your child's swimming career is a marathon, not a sprint.
- Fun, fun and more fun! Be clear with your child that swimming is not work, it is play.
- Emphasize process over performance. What time your child goes in the 25 free is about the least important thing right now.
- Encourage personal responsibility for equipment.
- Encourage participation in other sports and activities.

### **Bronze:**

Swim all four strokes legally, foster ability to kick, workout etiquette, build upon body awareness within the water, core body development, fun and foster interest in sport of swimming.

Parent Tip:

- Relax (see above)
- Encourage participation in other sports and activities.
- Do things that help them form an identity as a "swimmer". Make it their thing.
- Teach them to love our Team and the sport.
- Display trust in the system and coaches to boost your child's confidence.

- Be there, but not THERE!
- Avoid coaching.
- Teach them how to handle failures without fear
- Teach them to be intrinsically motivated. No external awards (i.e. money, iPod's, etc.)

### **Silver:**

Competing regularly in swim meets, streamlining, foster ability to kick, build the ability to dolphin kick off all walls in a streamline position, introduce dryland workouts, incorporating pace clock management, fun and foster interest in sport of swimming.

#### Parent Tips:

- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Encourage participation in other sports and activities, but they need to start choosing.
- Remove your ego from the equation.
- Model impeccable Team behavior.

### **Gold:**

Competing regularly in swim meets including Far Westerns, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, introduce dryland workouts, incorporating pace clock management, fun and foster interest in sport of swimming.

#### Parent Tips:

- Help them decide where swimming fits in their priorities.
- Teach them that the definition of "Competition" is to strive with, not against.
- Teach them that progress does not happen linearly.
- Encourage participation in other sports and activities, but they need to start choosing.
- Remove your ego from the equation.
- Model impeccable team behavior.

### **Pre Senior:**

Competing regularly in swim meets including (but not limited to) Far Westerns, streamlining, foster ability to kick, build on their ability to dolphin kick off all walls in a streamline position, introduce dryland workouts, incorporating pace clock management, attending 70% of monthly workouts, fun and foster interest in sport of swimming.

#### Parent Tips:

- MAKE IT THEIR THING!
- Start focusing on one or two sports/ activities.
- Allow play to evolve into satisfaction of achievement.
- Giving them the freedom to change course will give them the best chance of a successful career.
- Encourage team travel.
- Teach them how to be good sportsman.

### **Senior II:**

Preparation for high school swimming, advanced refinement of technique and efficiency, aerobic development.

#### Parent Tips:

- Help them decide where swimming fits in their priorities.
- Teach them good time management.
- Make it their thing.
- Personal responsibility.

### **Senior Elite:**

Emphasis: Compete at the highest competitive level. Swim in college.

#### Parent Tips:

- Teach them good time management.
- Be on the lookout for excessive stress.
- Know when it's time to take a day off.
- Help them to choose the right college.
- Don't focus on scholarships unless you absolutely have to. The "right" school is almost never the one that offers the most money.