

PARENTS WATCHING PRACTICE

The Delta coaching staff encourages parents to watch practice from time to time. It's probably not best to watch practice every day nor is it healthy to never come to the pool. The reality of carpools and transporting young athletes is that many parents are present every day, though you don't necessarily need to watch every minute of practice.

Here are some important guidelines to keep in mind when observing a practice.

First, young swimmers want their parents' approval more than anything. If they know you are watching practice, it's only natural for some of their attention to be directed to you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice.

We ask that you not communicate with your child during practice and compete with a coach for his/her attention.

Second, we insist that parents do not interrupt the coaches on deck while they are coaching.

If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group) or arrange some other meeting time that works for your family as well as the coach.

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their practice groups. Each training set or instructional drill has a purpose and one practice and/or set often builds on another throughout the week and/or season.

Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have important purpose in teaching skills (i.e. swimming one-arm fly or breaststroke with a flutter kick).

Thanks for your cooperation and support.

Please contact a Coach if you have any questions.