



Jay Chambers

Sport Performance Consultant



Coach Jay Chambers is a Sport Performance Consultant for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Washington Township Swim Club, and Fishers Area Swimming Tigers/Fishers HS, where he coached National Champions and Record holders.

Jay holds a Masters degree in Physical Education.





The Swim Parents' Workshop

“We Lost!”



© David Sipress/The New Yorker/Cartoonbank.com



What is USA Swimming?

National Governing Body (NGB)
For competitive swimming in USA

Core Objectives of USA Swimming:

Build the Base

Promote the Sport

Achieve Sustained Competitive Success



Why Kids Swim?

- | | |
|---------------------------|------------|
| 1. Enjoy/Fun | 28% |
| 2. Fitness | 15% |
| 3. Be with Friends | 13% |
| 4. Compete | 13% |
| 5. Improve | 8% |
| 6. Meet New People | 8% |



College Scholarship - Not on the list!!

College Scholarships

83% Parents* expect Scholarships

7% Earn Scholarships*

* General Population

NCAA Swimming: Women 14.4, Men 9.9



Sources of Fun

Coach compliments & encourages me

Relays where team comes together

Winning races

Getting in shape

Being with friends

Being known as a good swimmer

Varied workouts

Cheering each other

Accomplishment

Trying to improve my times; Being on a team



Why Kids Quit?

Takes Too Much Time 18%

Lack Of Fun 8%

Coach Was Negative 15%

Swimming Boring 9%

Enjoy Other Activities 15%

Parents' Emphasis 6%



What is Not Fun

Getting slower times than my goals

When other swimmers skip laps or get in front of me

When coach yells or threatens me

Swimmers who think they're good because they're fast

Parents ask about bad races

When parents brag about their swimmer



Early Performance...



Heavily influenced by maturity level



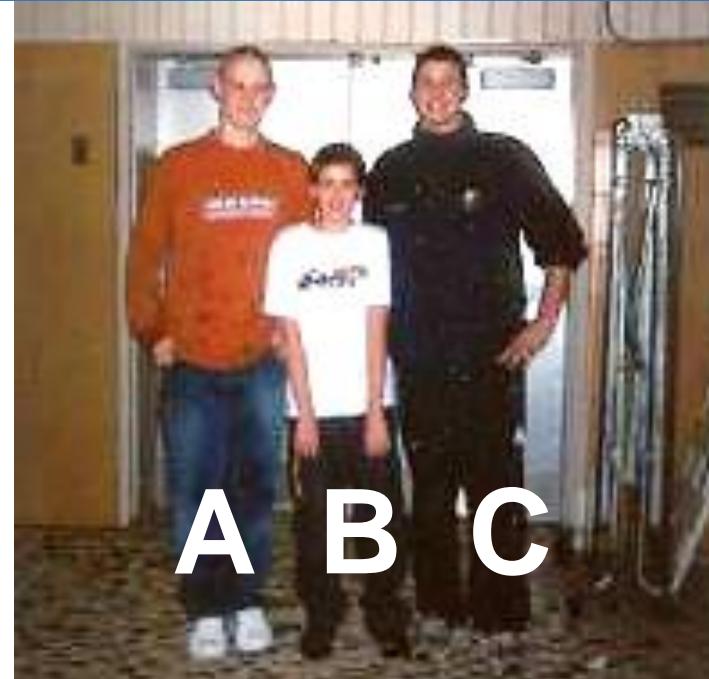
Match the Athlete to Their Age

Trick Question! They're All 14!

12 years old

14 years old

16 years old



A B C

Kids the same chronological age can vary by as much as 5 biological years!



Reality!



Early Maturer

- Taller and Heavier
- More muscle mass, development
- More endurance
- Acquire physical skills more quickly
- Parent was early maturer
- Early success: grade school star

Late Maturer

- Smaller in stature (may be tall and very lean)
- Less strength
- Less muscle mass and skeletal maturity
- Lower motor skills
- Parent was late maturer
- Less athletic “success” in grade school



Early Maturers:

Early success: biological advantage

Neglect Technique, “get by” on size,

Low Work Ethic, “easy” success;

Excessive Recognition from coaches, parents, peers

Experience Frustration as late maturers close the gap



Late Maturers

Have a **low perceived competence** level due to biological disadvantage

Lack positive attention, recognition, or encouragement from coaches, parents, and peers.

Leave the sport due to frustration, lack of success.



The 10 & Under Wonder?

Ranked Top 10 as a:

- | | | |
|-----------------|----------------------------|-----|
| 10 & Under..... | Still Ranked as 17-18..... | 11% |
| 11-12..... | Still Ranked as 17-18..... | 21% |
| 13-14..... | Still Ranked as 17-18..... | 36% |
| 15-16..... | Still Ranked as 17-18..... | 48% |

**50% of our top swimmers develop
after Junior Year in High School!**



Strategies to deal with differences

Keep winning/losing in perspective.

Prepare child for future changes

Focus on long term development



Gender Issues

Physical:

Males benefit more from physical development

Goal orientation

Females more task oriented
Males more outcome oriented



Gender Issues

Social affiliation

Females have higher need for social interaction

Psychological

Males have higher perceived confidence





Raising “Super Stars”

#1 Responsibility of Swim Parent...

Is to provide a stable, loving, and supportive environment for your child.



(Not Coaching)



Parent Coaches

"I often hear from parents who are struggling with coaching their own kids. Here's my best advice: sit down before all the practices or games start and talk openly about the situation. Talk about all the pitfalls and the confusion with roles."

- Dr. Alan Goldberg



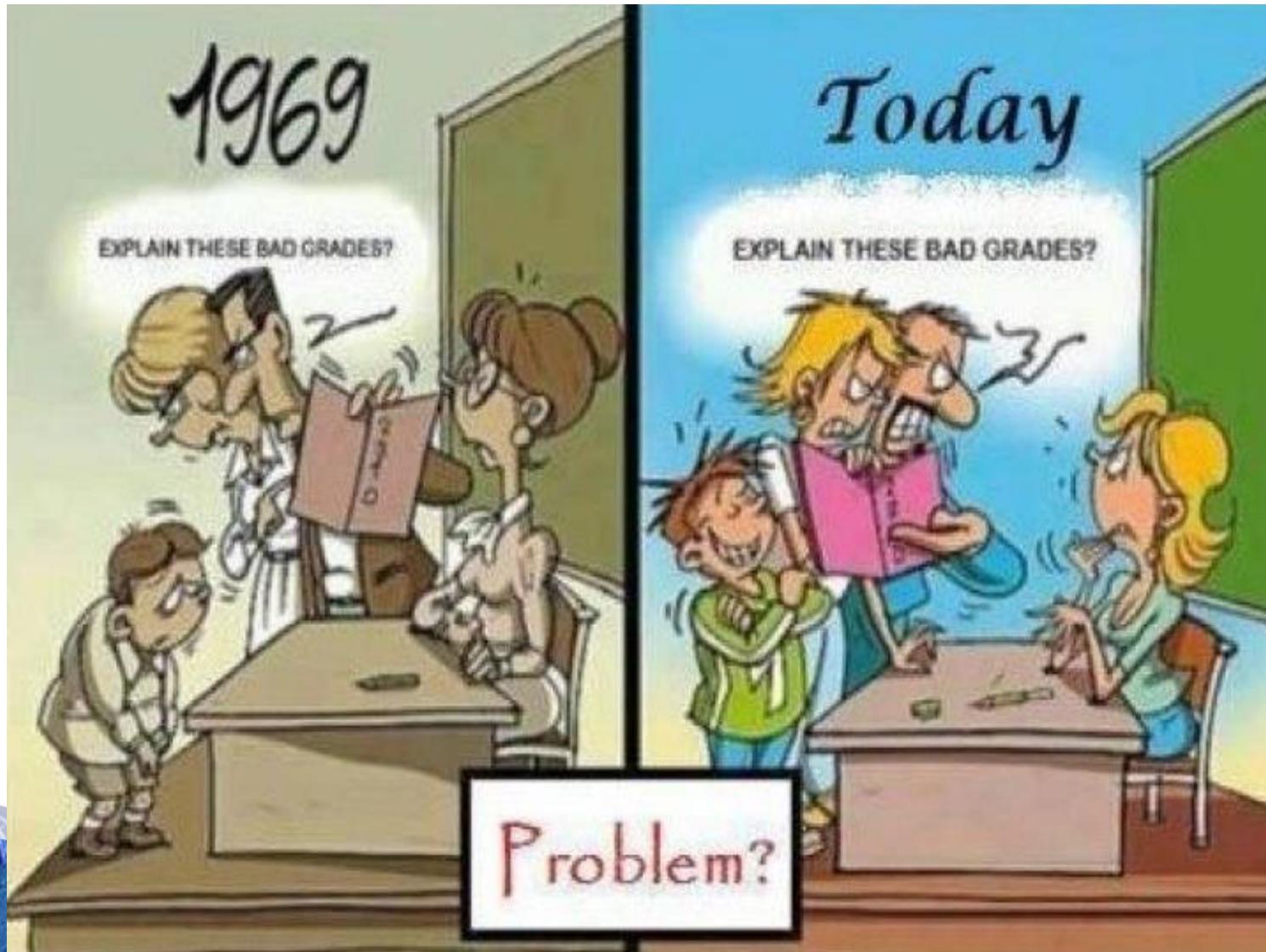
Your Role As A Parent

YOU are your child's primary role model!

Be aware of what you are “modeling!”



“Explain These Bad Grades!”



Don't Be a “Helicopter Parent!”



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Emerald news

Helicopter parenting – why hovering over your kids in college can damage their job prospects

New research reveals the consequences of over-parenting on the future employability of students

...the clearest difference between those students with helicopter parents was their lack of belief in their own ability to complete tasks and reach goals...



Helping Your Child at Practice

DON'T.....

Signal or yell to your child

Distract your child from the coach

Offer to fix equipment

Speak to the coach during practice
except in an emergency



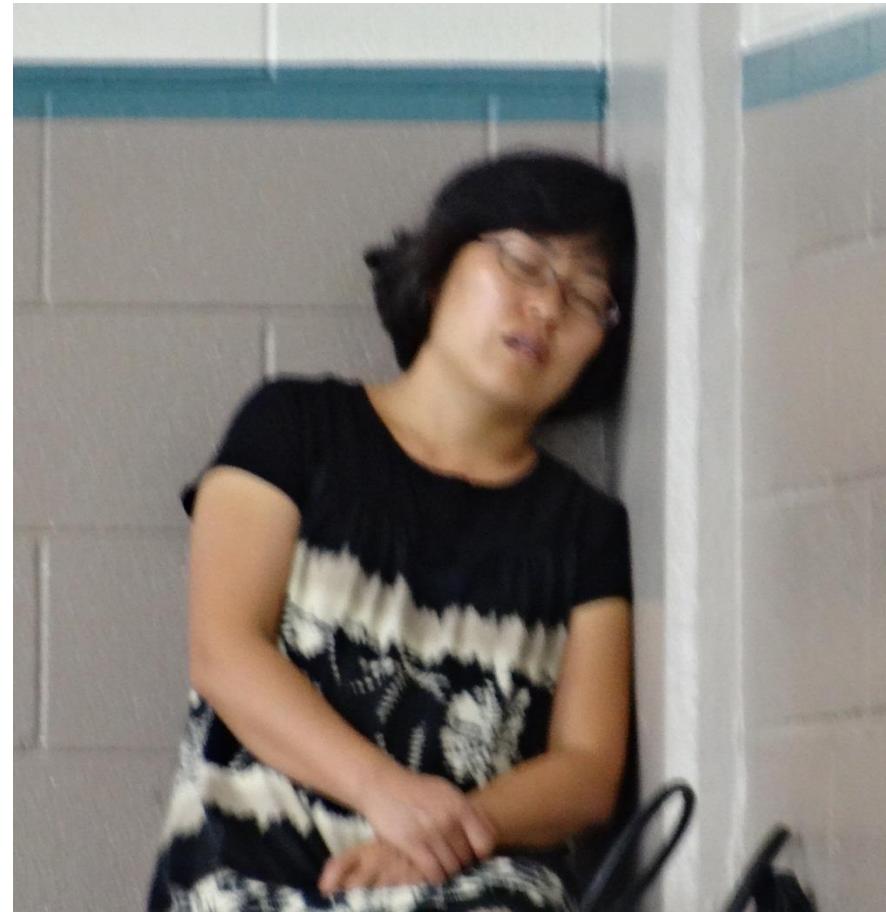
The Post-Practice Analysis



“...and you've got to kick harder in practice...”



Good Swim Parent ...at practice



Helping Your Child at Practice

DO.....

Encourage “have fun, be safe”

Ask if he had fun, learned anything new

Listen to feelings your child expresses

Encourage child to be self-reliant, take care of own equipment

Interrupt practice only in emergency



Be Prepared for What if..... ?

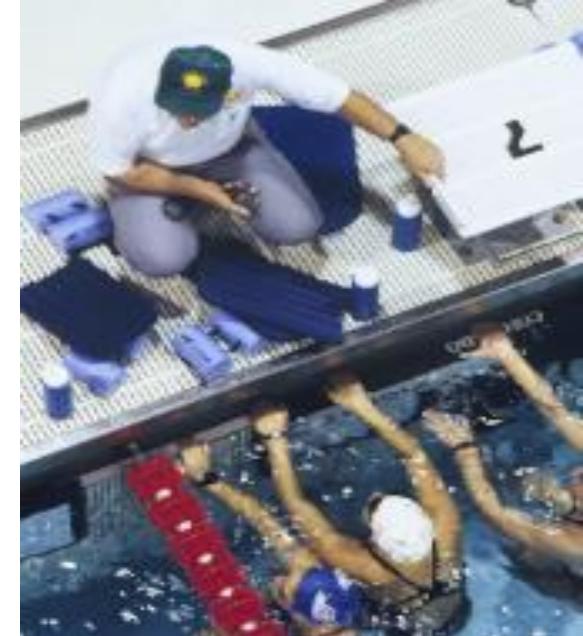
My child doesn't want to go to practice?

My child only goes to $\frac{1}{2}$ of practices because of other activities?

My child thinks practice is too easy/hard?

My child says some kids cheat in practice?

My child gets “kicked out” of practice for bad behavior?



What if...?

My child's as fast as kids in older group but coach won't move her up?

Coach wants to move child up but child wants to stay w/friends?

My child doesn't seem to be improving?

My child wants to quit swimming?



Dr. Angela Duckworth



What Should Be Praised?

PRAISE

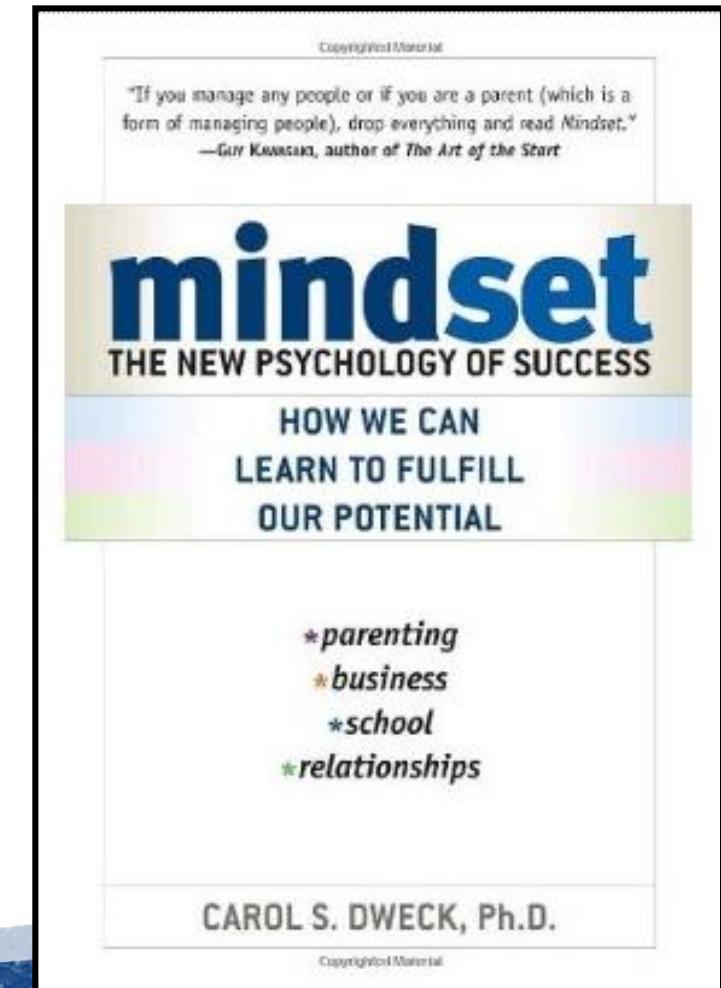


Growth Mindset

DON'T PRAISE
INTELLIGENCE
OR
ABILITIES

DO PRAISE
THE PROCESS
AND
EFFORT

Carol Dweck



Praise Effort, Not Results!

School:

- Instead of, “Another A-plus! You’re so brilliant at math!”
- Say: “Another A-plus! You must’ve really studied hard for that test.”



Praise Effort, Not Results!

Swimming:

- Instead of, “Another AA time standard, you’re so talented!”
- Say: “Another AA time standard, what did you do in practice to prepare for that?”



Praise Effort, Not Results!

School:

- So, instead of saying, “Wow! You’re such a great artist!”
- Say: “I love that picture! Tell me about it.”



Praise Effort, Not Results!

Swimming:

- So, instead of saying, “Wow! You’re such a fast backstroker!”
- Say: “I love your backstroke! Tell me how you go so fast.”



Are You a Pressure Parent?

Is winning more important to you than your child?

Do you conduct “race reviews” on the way home?

Is your disappointment obvious?

Do you try to “psych-up” your child?

Do you let your child know how much you sacrifice?



Are You a Pressure Parent?

Do you feel you have to force your child to practice?

Do you think you could do better coaching your child?

Do you ever dislike your child's rival or their parent?

Are your child's goals actually your goals for them?

Do you provide material rewards for performance?



Talking After A Race

Be Sensitive.

Keep things in perspective

Life Goes On!



After a “poor” swim, ask/say:

“What did the coach say?....Work on it in practice.”

“I liked your **EFFORT!”**

“I am disappointed FOR YOU (not ‘in’ you).”

“At least you learned something, so it was a success!”

“That’s not like you. You will do better next time.”

“I love watching you race. I love you!”



Say these things and mean them!

After a “good” swim, ask/say:

“What did the coach say?....Work on it in practice.”

“I liked your **EFFORT!**

“I am excited FOR YOU (not ‘in’ you)...That’s awesome!”

“At least you learned something, so it was a success!”

“I love watching you race. I love you!”



Say these things and mean them!

Parents Behaving Badly

Yelling at or yelling for?

Arguing with officials

Arguing with or berating the coach

What does your child think?

Excessive screaming

Running along the pool deck

THAT MOMENT WHEN
YOU REALIZE



What do swimmers want?

Your presence

Your support

Don't try to coach



“My Coach is Mean”



“My Parents Are Mean”



Worth it?





Nutrition

The Basics

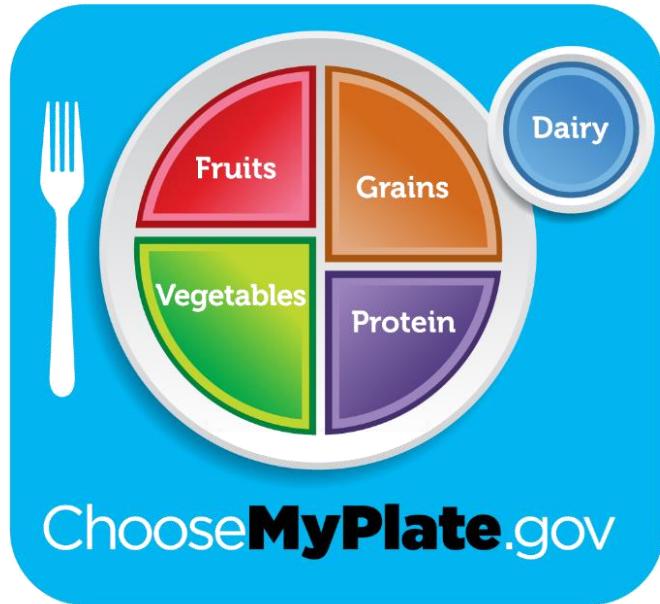
High in carbohydrates (60% of calories)

Moderate in protein (15%)

Limited amount of fat (25%)*



Nutrition Foundations...



Eat a variety of foods
from all food groups



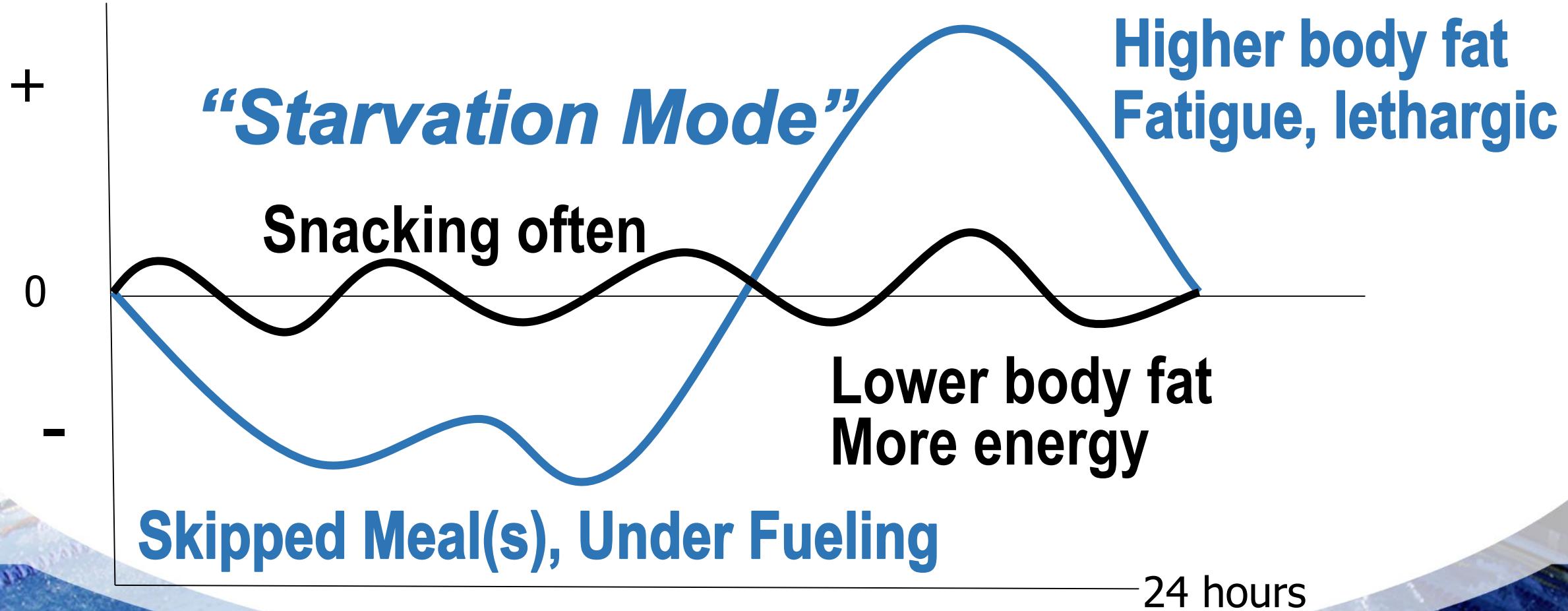
Nutrition Foundations...



Eat colorful foods
(5-6 per meal)



Effects of Skipping Meals

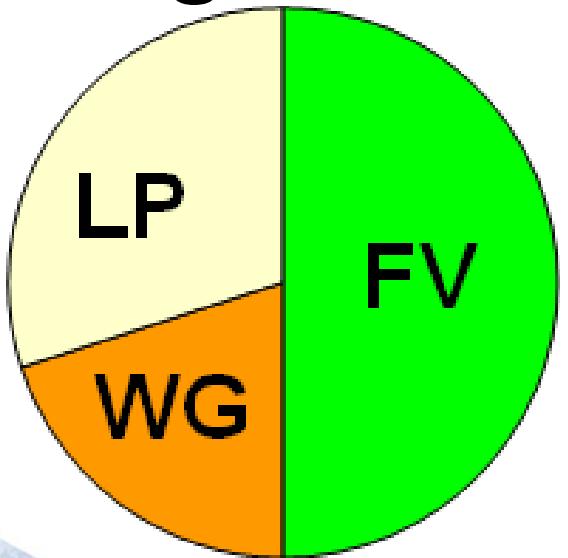


Athletes who skip meals and only eat one meal per day have higher body fat composition
Deutz et al, 2000 Med Sci Sports Exerc 32(3) 659-68

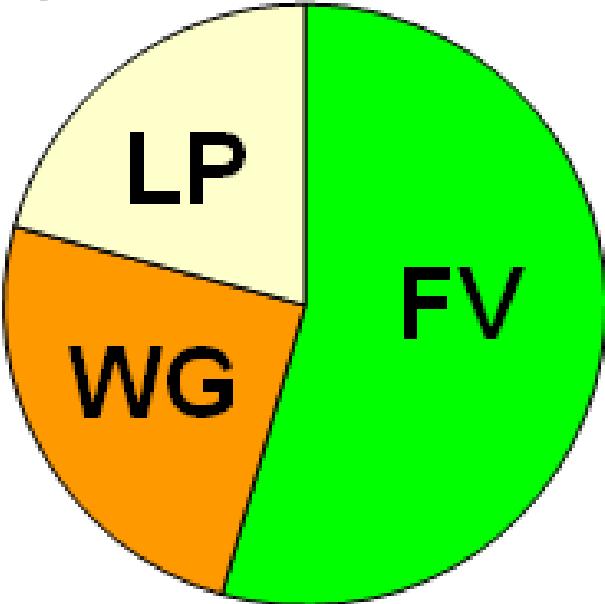
Body Composition: Gain/Lose

Weight Maintenance

Weight Loss



Weight Gain



*LP = Lean Proteins
WG = Whole Grains
FV = Fruits & Vegetables*



Nutrition Foundations...



Eat early and often...
...including recovery



Nutrition Foundations...



Drink early and often
...including recovery.



Nutrition Foundations...



Drink chocolate milk
after practice for
recovery



“Sport Drinks”

Contain a blend of sugars and electrolytes

These drinks help with activities 90+ min



The Trouble With Energy Drinks



<http://www.stack.com/video/3654968031001/stack-performance-nutrition-with-leslie-bonci-why-athletes-should-avoid-energy-drinks>

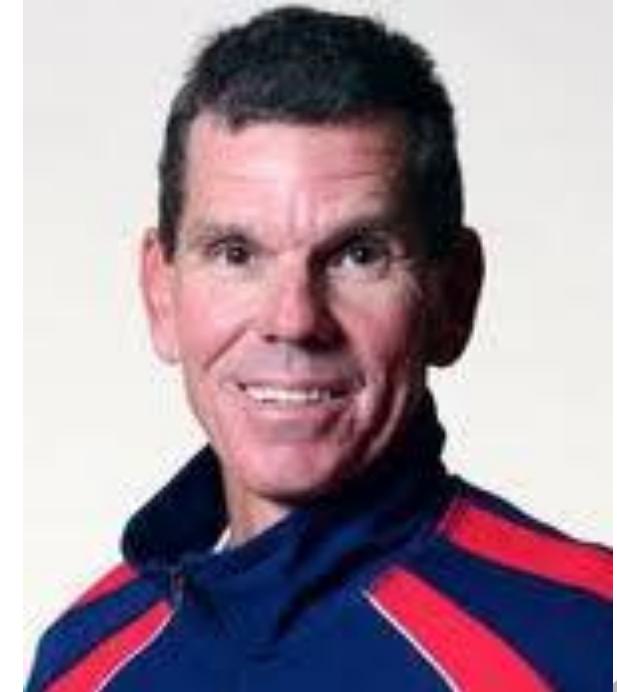


Supplements for Kids?

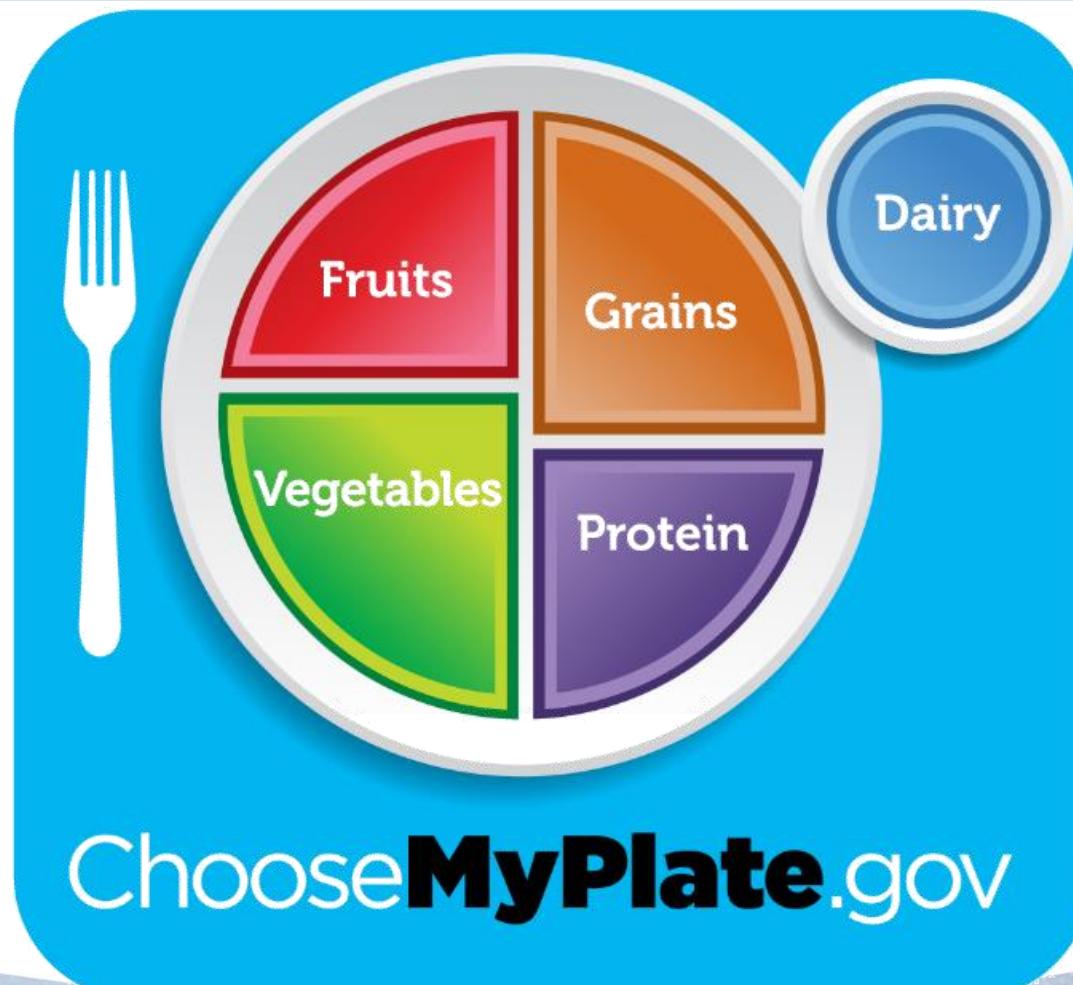
“There is no place in the sport of swimming, for our children, to be using sports-supplements which are clearly intended for adults. They aren’t made for kids, they may not be safe in the first place, and the potential for great harm is present.”

- Frank Busch

USA Swimming National Team Director



Resource





Your Team
Your Coach

Coach, I want you to:

- 1. Remember that my child is an individual with many interests and talents**
- 2. Know about kids and their development**
- 3. Know the sport of swimming**
- 4. Remember that winning isn't everything**
- 5. Be a role model for my child.**
- 6. Be organized and keep me informed well in advance.”**



Parents, we want you to:

Encourage and support your child without pressuring.

1. Arrive on time, ready for practice and meets.
2. Remember your child is just one member of the Team
3. Help out when asked
4. Model good sportsmanship at all times
5. Address your concerns appropriately (who, when, where)



Who You Gonna Call?

Sometimes parents feel more comfortable discussing a coaching issue with other parents rather than with the coach. This approach rarely clarifies the issue and can lead to problems.

The following are some guidelines for communicating with a coach:

- . Please remember that you and the coach have your child's best interest at heart. Trusting that a coach's goals coincide with yours even though the approach may be different will lead to a positive dialogue.



Who You Gonna Call?

- . Coaches must balance your perspective of what is best for your child with the needs of the whole team and/or training group. On occasion, an individual child's interest may need to be subordinate to the interests of the group but in the long run the benefits of membership in the group compensate for occasional short-term inconvenience.



Who You Gonna Call?

- . If your child swims for an assistant coach always discuss the matter first with that coach. If necessary, you may then ask the head coach to join in the discussion as a third party.
- . If another parent uses you as a sounding board, listen but encourage him/her to speak with a coach



A blurred background image shows several swimmers in white swimsuits and caps, standing in a starting block at the edge of a pool. They are looking forward, ready to start a race. The water of the pool is visible at the bottom.

Your Role on Your Team

Your Responsibilities to the Team

Understand the basics of the sport

Help your child understand sports' goals & lessons

Teach your child team loyalty

Teach your child his/her responsibilities to team

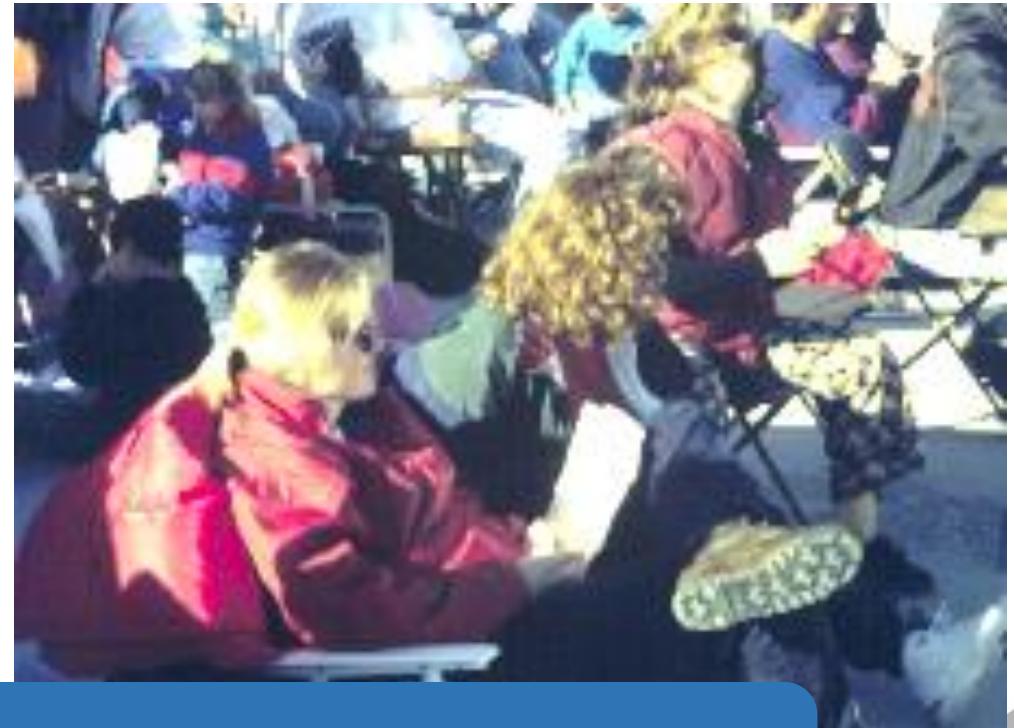
Trust your child to the coach

Have fun!



Why Is It Always Me?

2%	“Leaders”
5-10%	“Doers”
15-20%	“Do Somethingers”
68-78%	“Belongers”



Challenge: Step up one group!



Need further resources?

Talk to the coaches

(Follow the “chain of command”)

**Talk with other parents who have
gone through the process**



“Parents” Section at www.usaswimming.org



PARENTS



Find a team
SWIMTODAY ENTICES ALL TO JOIN THE #FUNNESTSPORT
WITH NEW CREATIVE CONTENT



In Summary

Kids swim to have fun, be with friends and learn new skills.

Make sure your kids eat colorful foods and stay hydrated!

Over 50% develop after their Junior year in High School.

Parents provide a supportive, loving environment.

Let the coaches do the coaching. Help the team.



Your child's success or lack of success in sports does not indicate what kind of parent you are.



But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best IS a direct reflection of your parenting.



PRAISE EFFORT, Not Results!

- The key to effective praise is to:
**Focus on the process,
Not the person.**
- Put the emphasis on what was produced, not on the athlete.
- This sounds sort of chilly, but the effect is actually the opposite.

