

# New Swimmer Roadmap: A Survival Guide for Parents and Swimmers



TAC Titans

275 Convention Dr.  
Cary, North Carolina  
(919)-459-4045

<http://bit.ly/tactitans>  
[@tactitans](#)

Welcome to the TAC Titans! We're excited to have you in our family of swimmers.

### ***Why this guide?***

This guide will introduce you to philosophy and purpose of competitive swimming and to see how this sport is a lifetime learning experience for all involved.

It'll also help you ease into summer swimming and make the process leading up to it stress free. There are many ins and outs that new swim parents have learned at meets, talking with coaches or the old standby, Google.

Our goal is to provide answers to the most frequently asked questions for new swim parents and swimmers!

TAC Titans are a USA Swimming club team located in Cary, North Carolina. We dedicate ourselves to providing an environment which is conducive to competition swimming.



*This guide was developed by Olivia Honaker, College Swimmer and Titans Alum*

## ***TAC Titans Mission Statement***

“To prepare every swimmer for optimal performance  
and leadership-in and out of the water”

## ***TAC Titans Philosophy for Every Swimmer***

The TITANS team strives to develop each athlete to their greatest individual potential. The TITANS coaching staff works to teach, train and motivate swimmers to achieve at their peak in the water, in the classroom and in life. The positive experience that swimming provides will allow each TITAN to become successful young adults in today's society, developing a confident self-image and healthy habits which are of the utmost importance.

The TITANS program instills an underlying understanding and appreciation for goal setting and achievement, self-motivation, team spirit, camaraderie, cooperation, time management and mental and physical toughness.

---

*“If you want to be the best, you have to do things that other  
people aren't willing to do.” –Michael Phelps*

---

## ***TAC Titans Vision and Objectives***

To become one of the premier swim teams in the United States by providing a safe, healthy, and positive swim environment that serves swimmers at all levels of competition, from beginners to swimmers who seek to compete at the national and international level.

- To promote a family atmosphere, aquatic safety, diversity and community involvement through all levels of swimming.
- To provide swimmers and coaches with the necessary resources to learn, train, teach and compete at their highest individual level of achievement.
- To develop swimmers with great attitudes towards peers, competitors, coaches and life.
- To develop leaders in the classroom, in the workplace, in life and in the water.
- To continue to improve and expand aquatic programming throughout the Triangle. Allowing opportunity for the maximum number of individuals to benefit from TITANS programming while exceeding quality expectations and industry standards.

One swimmer cannot carry the weight of the team. We must and will work together. All swimmers must treat each other with respect. United we succeed, divided we lose.

Not everyone is going to be an Olympic swimmer. However, everyone *will* succeed.

In order for a team to be successful, we need all levels of swimmers. We need the first place finishers and we need the 16<sup>th</sup> place finishers. We need the kids who have the talent. We need the kids who have the best work ethic to motivate the others to keep trying. We need the kids who always have that shoulder to lean on when you need a friend. We are a team. We are one.

Swimming also offers you opportunity to increase your level of competition. As your times drop, your competition gets stiffer. As your times drop you start attending meets you have to qualify for. You determine how far you want to do by coming to practice, putting in a quality workout.

## ***Team Responsibilities***

### ***Coach's Responsibilities:***

1. Proper placement of your child in their practice groups as described above
2. Prepared practices
3. Determining what meets to enter the swimmers into
4. Determining what events to enter the swimmers into
5. Determining what swimmers would be best for relay teams
6. Warming up the swimmers at the meets
7. Analyze a swimmers performance during a meet and organize practices to meet the needs of the swimmers
8. Provide a good example and offer proper training during practice and at a meet

### ***Parent's Responsibilities:***

1. Get swimmers to practice at least 15 minutes early and be there on time, pick up your swimmer after practice
2. Make sure your swimmer has proper gear for both practice and the meets

3. Provide proper nutrition and rest for the swimmers
4. Do not coach your swimmers during training or at the meets
5. Please do not linger on the deck while your child is being coached. This forms a distraction. The coach will contact you if they need you.
6. Check the entry list sent out to make sure the swimmer is entered in the meet. If you notice an error, please notify the coach
7. Check your email and team web site on a regular basis
8. Ask Coach to clarify anything you are unfamiliar with
9. If your child is feeling frustrated or overwhelmed, contact the coach
10. Get your swimmer to the meet 15 minutes before the warm up time, the times for the meet will be sent out in an email the week before.
11. Let the coach instruct your swimmer
12. Understand the coach has the final decision
13. Represent the TAC Titans brand at meets and anywhere you wear TAC Titans gear.

***Swimmer's Responsibilities:***

1. Listen to your parents
2. Listen to your coach
3. Do well in school
4. Work hard in practice
5. Congratulate all teammates for a good race
6. Show good sportsmanship at all times
7. Represent the TAC Titans brand at meets and anywhere you wear TAC Titans gear.
8. Have Fun!

## ***Getting Started with TAC Titans Swim Team***

### ***Why Swimming?***

Courtesy of USA Swimming, the organization that governs our competitions.

- Development of high quality aerobic endurance
- Health Benefits
- Increased flexibility
- Enhanced coordination
- Lifelong sport
- Fewer injuries than other sports
- Builds a lifetime from all over
- Increases self-confidence
- Teaches teamwork
- Intellectual stimulation

### ***Helpful Tidbits***

#### ***Facility Rules***

Even though we have our own facility, it is your responsibility to pick up your gear at the end of practice. You are also to properly throw away any of your own trash. Put back items that you moved to their proper location. Any damages to the facility will be the financial responsibility of that swimmer their parents. Continued disrespect to the facility and or coaches will mean immediate expulsion from the team.

#### ***Extended Periods of Absence***

Please notify the coach if you will be absent over an extended period of time due to either a vacation or illness.

## ***Communication***

TAC Titans will send out emails to notify parents of meets, events, changes in practice times etc. It is your responsibility to check your email for any information. More detail on types of communication to expect are found throughout the guide.

## ***Concerns with the Coach***

If you have concerns with your swimmer or the coach please take to time to speak with the coach or write an email to work out the issues. Please remember that the coach does what is best for the team as a whole.

We hope this guide helps you get started on the right track. There is so much more to experience and learn. Please feel free to ask anyone to help you with any questions you may have.

## ***How We Train, and Why It's Important***

TAC Titans offers different age groups and practices that work that level of intensity. The group that you participate in will be determined by the coach. The coach will look at your stroke technique, practice work ethic, mental readiness and dedication to determine which group works best for you and the team. This is where it's again important to have an open line of communication with the coach. What you as a parent sees or thinks may be different from the coach, but what's important is that the swimmer always sees the unity between the coach and the parent. After all, we spend a lot of time together! Those swimmers who need to change groups will do so at the discretion of the coach.

TAC Titans want their swimmers to enjoy the sport of swimming during their summer break. Therefore, we do not support "pushing" kids beyond what they are capable of doing.

The groups are designed to give the optimal training to each of the age groups. First, we develop technique. Then, we add endurance. Finally, we touch it off with some power.

## ***Practice Groups***

TAC Titans has different practice groups based on age groups. Swimmers will be grouped within their age according to their swim technique, practice ethic and their mental capacity. TAC Titans does add or change groups based on club needs. All groups in **red** require a coaches invite to join.

- **TITANS PREP** (6-12)- TITANS Prep is composed of swimmer ages 12 and under who express a beginner level of interest in developing all four competitive strokes and attend 2 to 3 developmental meets during the season. Swimmers must be efficient in freestyle and backstroke. An evaluation and coach recommendation is necessary before registering. TITANS Prep practices 2 days a week for 45 minutes and is a month to month contract.
- **Jr. TITANS** (8-14) - Jr. TITANS is a bridge program between TITANS Prep and TITANS Challenge & Elite tracks. Jr. TITANS are comprised of swimmers ages 14&U who have expressed a beginner level of interest in competitive swimming and want to participate in multiple USA Swimming meets. Swimmers will work on developing their technique in all four strokes while increasing their endurance levels. Swimmers must be able to swim 3 of the 4 competitive strokes and understand and apply the basic rules of competitive swimming according to USA Swimming standards. Jr. TITANS practices 3 days/week for an hour. The contract is trimester based. An evaluation and coach recommendation is necessary before registering
- **TEEN TITANS** (14-18) – This group is designed for those swimmers who prefer a five day a week program on a month-to-month commitment level. This is a perfect program for swimmers wanting to excel at high-school swimming. An evaluation is recommended for any swimmers new to the team.
- **COPPER** (7&8) – Swimmers should have previous competitive swimming experience in a year-round program or multiple years on a TSA team so that they are ready to commit to a year-round swimming program, including participation in competitive swim meets. At the start of the season swimmers must be able to legally race 50 yards in all 4 strokes and 100 yards in freestyle, as well as dive head first from the starting blocks and complete freestyle flip turns and open turns. There are no USA Swimming time standards for 8 & Unders so Titans time standards for this group are: 50 fly at 1:05; 50 backstroke at: 55, 50 breaststroke at 1:00, and 50 freestyle at: 50.
- **BRONZE** (9&10) – Bronze swimmers strive to improve with a competitive spirit and progress to TAG 3, Silver 1, or Silver 2. To be considered for Bronze, swimmers should have achieved a USA “B” qualifying time standard in two different strokes.
- **TAG 3** (9&10) – The goal of TAG 3 is to place swimmers in the top 16 at Age Group State Championships and Age Group Sectional Championships. To be considered for this group a 9-year-old swimmer must have USA Swimming “BB” time standards in three different strokes events. If the swimmer is 10 years old they must have Age Group Champs qualifying times in 2 events.
- **SILVER 2** (11&12) – The goal of this group is to achieve USA Swimming “A” time standards. To be considered for this group; a swimmer moving up from a 10&U group must have achieved 1 10&U USA “BB” time standard. If the swimmer is moving forward or up from an 11-12 group he or she must have achieved 1 USA “B” time standard.

- **SILVER 1** (11&12) - The goal of this group is to achieve USA swimming “A” time standards. To be considered for this group, a swimmer moving from a 10&U group must have achieved 1 USA “A” or 5 USA “BB” time standards. Swimmers moving from an 11-12 group must have 1 USA “BB” time standard plus 4 USA “B” time standards. All swimmers must have previous experience in the Challenge Track.
- **TAG 2.5** (11&12) – The TAG 2.5 Group is expected to work toward entering TAG 2, TAG 1.5 or TAG 1 group. To be considered, a swimmer moving up from a 10&U group must have 4 10&U USA swimming “A” time standards. Swimmers moving from an 11-12 group must have 4 11-12 USA “BB” time standards. Swimmers in the TAG 2.5 group are expected to maintain a 70% attendance rate.
- **TAG 2** (11&12) – The TAG 2 group strives to final at Age Group Champs and Age Group Sectionals. To be considered for this group, a swimmer moving up from a 10&U group must have 6 10&U USA swimming “AA” time standards. A swimmer from an 11-12 group must have 6 USA 11-12 “BB” time standards, plus 2 11-12 USA swimming “A” time standard. Swimmers in TAG 2 are expected to maintain a 75% attendance rate.
- **GOLD** (13-14) – The GOLD group is the stepping stone to TAG 1.5 and Senior groups with the goal of achieving USA Swimming “A” and “AA” time standards. To be considered for the Gold group, a swimmer moving up from an 11-12 group must have achieved at least 3 USA Swimming “BB” time standards. A swimmer coming from a 13&14 group must have achieved at least 3 USA Swimming “B” standards.
- **TAG 1.5** (13&14) – Coaches expect swimmers to work toward entering the TAG 1, Sectional or National group. To be considered for TAG 1.5: boys must have 4 13-14 USA Swimming “BB” time standards and girls must have 4 13-14 USA Swimming “A” time standards. All swimmers must maintain an at least an 80% attendance rate.
- **TAG 1** (13&14) – The TAG 1 group strives to final at Age Group Champs and Age Group Sectionals while shooting for Junior National time standards. To be considered for this group: boys must have 5 USA swimming “A” time standards with 1 Age Group Champs Cut; girls must have 5 USA swimming “AA” time standards with 1 Age Group Champs cut. Swimmers are expected to maintain at least an 85% attendance rate.
- **SENIOR CHALLENGE** (14&O) - Swimmers in the Senior Challenge group strive to achieve a NC Senior Championship Cut. To be considered for this group, swimmers must have achieved 2 USA Swimming BB qualifying time standards or be recommended by a coach. Swimmers must maintain at least an 75% attendance rate.
- **SENIOR CHAMPS** (14&O) – The Senior Champs group strives to get multiple swims at the NC Senior Championship meet. To be considered for this group a swimmer must have at least 1 Senior Champs cut and/or 3 USA Swimming “A” qualifying time standards Swimmers must maintain at least an 80% attendance rate.
- **SECTIONAL** (14&O) - Coaches expect Sectional swimmers to work toward scoring at Senior Championship meets and entering the National group. To be considered for this group a swimmer must have at least 1 spring or summer sectional cut and 2 Senior Champs cuts or 4 Senior Champs cuts. A swimmer moving from a 13-14 year old group must have at least 6 Age Group Champs cuts. All swimmers must maintain at least an 85% attendance rate.
- **NATIONAL** (14&O) – Swimmers in the National group work towards scoring at the Senior Sectional meets and USA Futures Championships. To be considered for this

group a swimmer must have at least 1 USA Futures cut or 4 Senior Sectional qualifying time standards and maintain at least an 85% attendance rate.

- **OLYMPIC ELITE** (14&O) - As the top group in the program, Olympic Elite swimmers are expected to work towards achieving Olympic Trial qualifications. To be considered for this group, swimmers must achieve the following: Women - 1 USA Swimming Winter Junior National qualifying time or 3 Futures cuts; Men - 1 USA Swimming Winter Junior National qualifying time or 2 Futures cuts.

### ***Setting Up a Practice Carpool***

Setting up a carpool with others in your practice group is something many parents do to make getting your child to practice a lot easier. All you have to do is coordinate with other people in your group who live in your area and plan out what parent will drive what day.

You may also want to expand you search to other groups with similar practice times. Once you have a carpool, there are apps out there that could be helpful in scheduling. After trying many, we have found that google docs and email work the best. Always have all the parents (mom and dad) cell phone and home phone numbers stored in the kid's phones, if they have their own phones.

### ***Meets: Unlocking the Mystery***

TAC Titans swim at approximately 16 meets the entire short course season. All pools that we compete at are 25 yard or 50 meters pools. All swimmers, except senior groups, will be placed into events based on their coaches choosing. Swimmers will be expected to complete all events during their meets.

## ***Meet Mobile App***

Meet Mobile is an app that lets you see what your child's time is, whether the gained or dropped time, and the meet schedule (events). It can be a handy resource for hectic swim meets where getting your child's time is easier said than done. It is very easy to see what your child's time is and the officials are generally pretty fast at updating it. It can be found for both Apple and Android and is free.



## ***Carpooling***

Carpooling to a faraway meet is key. If you already have a practice carpool, it is much easier to contact them, and the kids will have fun with their very close teammates. If you do not have a carpool (practice), contact some other parents in your child's group to see if they wouldn't mind taking them. If you are approached with a request to take someone else's child to a meet, unless you positively cannot go to a meet, do not hesitate to say yes. You might be in the same situation someday, too!

## ***Disqualifications***

These are most often called "DQ"s. This happens when your child violates any legal rule assigned by USA Swimming. If your child is disqualified, be extremely supportive. They need to ask their coach why they were DQ'd and encourage them to work on it in practice. If your child is disqualified, their time will not count and on Meet Mobile it will show up as a DQ. Every swimmer will get disqualified at least once in their life, it's very important not to make a big deal about it.

## ***Swimmer Markings***

These arm markings are used to ensure the swimmer knows what he/she is swimming that day. This is where your permanent marker (“Sharpie”) comes into play. Here is how to set it up:

First, make four columns and label them at the top with E, H, L, S. These stand for event, heat, lane, and stroke. This helps timers ensure that each child is in the right lane.

You can find this information on a heat sheet, which is usually in the team area and the same information is usually available on the On-Deck app mentioned earlier. For all of our meets, we do try to send the heat sheets out electronically. They are occasionally emailed ahead of time, but also posted on the Swim Meet listing on the TAC TITANS website.

Example: Let’s say your child is swimming the 50 breaststroke. She/he is swimming in event 3, heat 6, and lane 4. You would set it up like this:

E	H	L	S	
3	6	4	50 Br	

## ***Items to Bring to Meets***

Prior to COVID-19, the following items may have been useful to bring, however, parents are no longer allowed into the facility. Parents are instructed to watch their swimmers on TITANS TV through a live stream at <https://tv.triangleaquatics.org/>

As a parent, you may want to bring the following: chair (just in case), any extra work you may want to do, and a “Swim Meet Survival Bag”. This would include extra sharpies, an extra highlighter (for heat sheet), a mobile hotspot, extra cash and assorted healthy snacks and drinks just in case. Some good snacks to bring are nuts, pretzels, beef jerky, sandwich crackers, and dried fruit.

For your swimmer: they should have the following in their meet bag: **multiple masks**, Team meet suit, team cap (2), team shirt, goggles (2), flip flops (but closed-toed shoes ensure your swimmer is warm), towels (2-3), water/sports drink (2 or more), food (4+ items), black sharpie, and a chair; some good things to have are cards, books, magazines, music, Do not bring anything of value or easily lost.

## ***Volunteer Options***

As a part of this team, you have to volunteer in order for meets to run smoothly. Regarding meet check-in times, Timers (including Relief and Head), Announcer, Heat Prize Distributor, Runners: ***At least 45 minutes prior to session start.*** (For example, meet start is at 9:00am. You must check-in by 8:15). You will be notified if this policy changes for an event. Clerk of Course, Volunteer Check-In, Hospitality: ***At least 45 minutes prior to warm-ups.*** (For example, if listed warmup is 7:45 a.m., check-in time is 7:15 a.m. If the warmup is split because of meet size and entries, check-in time is the START of warmups for ANY TEAM.)

All families are required to volunteer but, you have options.

### **ANNOUNCER**

- Volunteer(s) Needed: 1 per session
- Arrival Time: 15 minutes prior to the start of the session
- Age Requirement: minimum 18 years old
- Make all necessary announcements over the PA system as requested by the Referee/Official, Clerk of Course, or the Meet Director.
- Announce event information (event, heat, stroke, and distance).

### **AWARDS**

- Personnel Needed: 1-2 per session
- Arrival Time: 15 minutes prior to the start of the session
- Age Requirement: minimum 12 years old At least one adult required.
- Place preprinted labels on ribbons for swimmers.
- Prepare certificates for swimmers achieving a new time standard.
- Distribute ribbons/certificates to swimmers during the meet.
- Distribute remaining ribbons/certificates to Teams at the end of the meet.
- \*\* May involve some time after the meet to complete ribbons/certificates, depending on the Hy-Tek system.

### **CLERK OF COURSE**

***\*\* Training is required for this position \*\****

- Personnel Needed: 2-3 per session
- Arrival Time: 30 minutes before warm-up
- Age Requirement: minimum 18 years old
- Coaches Check-in and payments
- Accept late entries prior to the start of the meet.
- Collect fees for late entries
- Confirm positive check-in of swimmers prior to the event being seeded by Admin Officials.
- Works scratch table for finals
- Work with the Runner(s) to post heat/lane assignments and post final results.

## **HEAD TIMER**

**\*\* Experienced Timer is required for this position\*\***

- Personnel Needed: 1 -2 per session/ per pool, depending on size of meet
- Arrival Time: 45 before the meet starts.
- Age Requirement: minimum 18 years old
- Assist in training to all NEW Lane Timers.
- Designate one timer on each lane to be the recording timer for that lane.
- Operate multiple back-up stopwatches.

## **HOSPITALITY LEAD (NOT NEEDED DURING COVID-19)**

**\*\* Training is required for this position \*\***

- Personnel Needed: 1-2 per session
- Arrival Time: 30 minutes before start of meal service.
- Age Requirement: minimum 18 years old
- Helps to arrange food with Hospitality Coordinators
- Setup refreshments (food and drink) for coaches, officials, and meet volunteers (NO Swimmer allowed).
- Morning sessions – Beverage preparation, set out and serve breakfast, snack service, re-stock beverages as needed, prepare lunch service
- Afternoon sessions – Lunch service, snack service, re-stock beverages as needed, prepare dinner service
- Final session – dinner service, snack service, re-stock beverages as needed, inventory and pack up supplies to return to storage.
- Every Session - setup, keep food fresh, cleanup.

## **HOSPITALITY WORKER (NOT NEEDED DURING COVID-19)**

- Personnel Needed: 1-4 per session
- Arrival Time: Varies. Usually at the start of meal service
- \*\*Food will be arranged by the Hospitality Coordinator/Lead.
- Setup refreshments (food and drink) for coaches, officials, and meet volunteers (NO Swimmers allowed).
- Morning sessions – Beverage preparation, set out and serve breakfast, snack service, re-stock beverages as needed, prepare lunch service
- Afternoon sessions – Lunch service, snack service, re-stock beverages as needed, prepare dinner service
- Final session – dinner service, snack service, re-stock beverages as needed, inventory and pack up supplies to return to storage.
- Every Session - setup, keep food fresh, cleanup.

## **COACHES CHECK-IN**

**\*\* Training is required for this position \*\***

- Personnel Needed: 1 total per session
- Arrival Time: Start of warm-up
- Age Requirement: minimum 18 years old
- Check in all meet personnel – both service credit and volunteer
- Coordinate with Clerk of Course any position openings
- Provide completed check-in sheet to Clerk of Course

## **LANE TIMERS**

- Personnel Needed: 16 total per session (2 timers per lane) for 8-lane pool / 20 total per session for 10-lane pool
- Arrival Time: 45 minutes before the session starts.
- Age Requirement: minimum 10 years old experienced swimmer with parent timing in same lane.
- No experience required. Training will be provided by the Officials/Head Timer.
- Check the name of the swimmer before the start of each race. Notify the Head Timer of any conflicts.
- Operate stopwatch and touch pad button used for the entire session. If stopwatch fails, notify the Head Timer for a replacement stopwatch for that race.
- Record times from both stopwatches on the lane/timer sheet for each swimmer.

## **DECK MARSHALL**

- Personnel needed: 5 per session, depending on the size of the meet.
- Arrival Time: Start of warm-ups.
- Age Requirement: minimum 18 years old
- Role is to maintain the deck is for meet personnel and participants only.
- Escort non-meet participants to the program pool – away from the meet
- Must not leave your position until substitute is provided or until excused, (must finish the session)
- Monitor the entire pool area
- Ensure that swimmers behave in a safe manner. (ALWAYS WEARING A MASK, No congregating, No running, abusive behavior, etc.)
- Notify the coach of any swimmer who is behaving/acting in an unsafe manner.

## **RUNNER**

- Personnel Needed: 2-3 per session
- Arrival Time: 45 minutes prior to the start of the meet.
- Age Requirement: minimum 14 years old
- This position works actively with the Clerk of Course and the Admin Officials.
- Collect lane/timer sheets from each lane at the end of each event.
- Post event results

## ***Team Uniform and Gear***

**Put your name on everything with a Sharpie! Do it now. Trust us.**

### **Swim Meet Gear**

- Goggles
- Team cap
- Team shirt

Team suit to be worn at swim meets only TAC Titans prefer that the team suit be worn at regular meets.

**WARNING:** To the new swimmer and parent, COVID-19 has drastically affected how swim meets are watched and conducted. It may be very overwhelming but remember, if you need help there will be plenty of TAC Titans parents there to answer your questions. They've all been there!

We hope that this guide has given you an insight on the summer swim team season. Again, if you have any questions, please feel free to ask anyone on the team. We have all been in the same situation as you! Let's get ready for an awesome season!  
**ROLL TITANS!**

## ***The Ten Commandments for Parents of Athletic Children***

Reprinted from The Young Athlete by Bill Burgess, included in "The Swim Parents Newsletter"

1 Make sure your child knows that - win or lose, scared or heroic – you love him/her, appreciate their efforts, and are not disappointed in them. This will allow them to do their best without a fear of failure. Be the person in their life they can look to for constant positive reinforcement.

2 Try your best to be completely honest about your child's athletic ability, his/hers competitive attitude, their sportsmanship, and their actual skill level.

3 Be helpful, but don't coach him/her on the way to the pool or on the way back, or at breakfast, and so on. It's tough not to, but it's a lot tougher for the child to be inundated with advice, pep talks and often critical instruction.

4 Teach them to enjoy the thrill of competition, to be "out there trying," to be working to improve his/her swimming skills and attitudes. Help him/her to develop the feel for competing, for trying hard, for having fun.

5 Try not to re-live your athletic life through your child in a way that creates pressure; you lost as well as won. You were frightened, you backed off at times, and you were not always heroic. Don't pressure your child because of your pride. Athletic children need their parents so you must not withdraw. Just remember there is a thinking, feeling, sensitive free spirit out there in that uniform who needs a lot of understanding, especially when his world turns bad. If he/she is comfortable with you – win or lose – he/she is on their way to maximum achievement and enjoyment.

6 Don't compete with the coach. Undermine the coach's efforts, or criticize the coach in the presence of your child.

7 Don't compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.

8 Get to know the coach so that you can be assured that his/her philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his/her leadership.

9 Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before over-reacting.

10 Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear of discomfort.