

Meet Protocol for Parents

Being a swimming parent is a learning experience that extends from age 6 through College swimming. It takes team work. It's not easy but very rewarding. Here are a few reminders:

*Moms and Dads are the emotional ballast; the support team for the swimmer. Your role as parents is to get your swimmer to warm-up on time, help provide necessary food, clothing, etc. and be supportive of your swimmer's efforts and his/her relationship with the coach.

*Your role is not to pick apart your child's swim, conduct a post-mortem after the swim, or pick apart a Coach's decision. Please remember that you are in charge of your child's emotional well being and the coach is the manager of the child's swimming.

*Encourage your child to speak directly with a coach with their own swimming questions. Some children find this a little intimidating at first, but ultimately, it's the swimmer/coach relationship that is needed for long term success.

*Every coach on the CCSC welcomes questions. Sarah and I are here all the time and enjoy the opportunity to "talk swimming" with you. But, the time to ask big questions is not at the meet or on deck. Remember that the Coach is on deck for hours at a time with lots of swimmers. The Coach's job is to take care of the swimmers at the meet. Age group meets are literally and figuratively a hot bed of emotions. Meets often test us in regard to our roles. But remember that age group meets are a means to an end. They serve as the learning classroom for Senior Swimming. That thought helps us to remember that sometimes a "failure" is a stepping stone to success. This has applied to me too as a Coach. And, any coach including me has to learn that age group swimming is not about performance and winning but about learning to perform and learning about oneself. Age group meets are part of the training process.

*Thank you for your diligence! Many of you are now familiar with our web site and are regularly checking the entries so if a question comes up, we have been able to solve any issues before we get to the meet. Again, please give Sarah a call if you need help navigating the site and remember that The Friends have posted a helpful tutorial for finding meet entries under their tab on the web site.

*Please respect your swimmer's and Coach's athletic space on deck and stay in parent designated areas.

*Swimmers should always report back to their coach after a race before talking to Mom or Dad.

*Moms and Dads should practice not talking to swimmers just before a race. Age group meets are a good time to practice for the future. Pre-race behavior is often individual. Some swimmers like head phones and music walking out of the ready room. They block out any distractions. Some swimmers will talk to competitors or teammates. But, most swimmers tend to be within themselves before a race and getting to their desired zone. In no case does mom or dad ever accompany a swimmer behind the blocks or talk to a swimmer on deck before a race. Let's start practicing this now. This is the training ground for your child's future.

In a recent study about the worst memories athletes had of their childhood sports experience, by a huge percentage, the worst memories were of the ride home with mom or dad after a poor performance. The best memories are of teammates and coaches enjoying the process.

For parents, swim meets are a healthy wonderful way to spend time with your child watching him grow.

Good luck...swim well....enjoy the process!

Yours;
Coach Solomon

