

---

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

Cary Park Sea Dragons

5353 Cary Glen Blvd.

Cary, North Carolina

(919)-233-7660

<http://bit.do/cpsdsummer>

[@cpseadragons](https://twitter.com/cpseadragons)



---

Welcome to the Cary Park Sea Dragons! 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 and community 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!

Cary Park Sea Dragons are a Tar Heel Swim Association summer swim team located in Cary, North Carolina. We dedicate ourselves to providing an environment which is conducive to fun competition swimming.



*This guide was developed in 2016 by Olivia Honaker, 13-14 Sea Dragon,  
as her Girl Scout Silver Award*

---

## TABLE OF CONTENTS

<a href="#">Cary Park Sea Dragons Mission Statement</a>	<a href="#">4</a>
<a href="#">Cary Park Sea Dragons Philosophy for Every Swimmer</a>	<a href="#">4</a>
<a href="#">Team Responsibilities</a>	<a href="#">5</a>
<a href="#">Coach’s Responsibilities:</a>	<a href="#">5</a>
<a href="#">Parent’s Responsibilities:</a>	<a href="#">5</a>
<a href="#">Swimmer’s Responsibilities:</a>	<a href="#">6</a>
<a href="#">Getting Started with Cary Park Sea Dragons Swim Team</a>	<a href="#">7</a>
<a href="#">Why Swimming?</a>	<a href="#">7</a>
<a href="#">Helpful Tidbits</a>	<a href="#">7</a>
<a href="#">Facility Rules</a>	<a href="#">7</a>
<a href="#">Extended Periods of Absence</a>	<a href="#">7</a>
<a href="#">Communication</a>	<a href="#">8</a>
<a href="#">Concerns with the Coach</a>	<a href="#">8</a>
<a href="#">How We Train, and Why It’s Important</a>	<a href="#">8</a>
<a href="#">Practice Groups</a>	<a href="#">8</a>
<a href="#">Setting Up a Practice Carpool</a>	<a href="#">9</a>
<a href="#">Meets: Unlocking the Mystery</a>	<a href="#">9</a>
<a href="#">On-Deck App</a>	<a href="#">10</a>
<a href="#">Carpooling</a>	<a href="#">10</a>
<a href="#">Disqualifications</a>	<a href="#">10</a>
<a href="#">Weather</a>	<a href="#">10</a>
<a href="#">Swimmer Markings</a>	<a href="#">11</a>
<a href="#">Items to Bring to Meets</a>	<a href="#">11</a>
<a href="#">Volunteer Options</a>	<a href="#">12</a>
<a href="#">Team Uniform and Gear</a>	<a href="#">15</a>
<a href="#">The Ten Commandments for Parents of Athletic Children</a>	<a href="#">16</a>

---

## ***Cary Park Sea Dragons Mission Statement***

Cary Park Sea Dragons is an instructional organization whose main function is to promote the culture of swimming and teach swimmers ages 3 – 18 the opportunity to experience physical fitness while participating on a summer swim team.

As a Sea Dragon, your child will learn proper stroke mechanics, technique, good sportsmanship, proper nutrition, teamwork, life skills and dedication as they practice their talents.

## ***Cary Park Sea Dragons Philosophy for Every Swimmer***

Every swimmer is a winner in his or her own right. The most wonderful part about participating on a summer team is that there are two aspects to the sport—individual and team success!

The first is the individual aspect. This means that every time you as a swimmer drop time in your race, you have just become better. Whether it was one-tenth of a second or five seconds, a drop is a drop. All drops are successful!

The amount of success you as an individual achieve is correlated to the amount of time and the quality of the effort you put into practice. The intensity of your training will be reflected in your race at the meet.

Swimming offers many types of events for you to compete in. Cary Park Sea Dragons believes you should swim in the events you are comfortable with, as well as the events you don't feel so sure about. It is always wise to learn why you are uneasy about those events. Take the time to learn them, compete in them, and have fun!

You and your coach will set goals---long term and short term. You will swim your events, then analyze your strengths and weaknesses, determine what you need to work on at practice and get ready for it again at the next meet. Never run away from your fears. Learn why you are afraid and slowly conquer that fear one step at a time.

---

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

---

Another part of the individuality of swimming is that we all have our own areas we excel in. For example, you may be a better free sprinter. Your teammate may excel in the 50 breaststroke. But swimming together, our team succeeds, hence the team aspect.

---

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 need the kids who remember to keep it Fun! 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 go, by coming to practice and 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. Analyzing swimmers' performances during a meet and organizing practices to meet the needs of the swimmers
8. Provide a good example and offer proper training during practice and at a meet

### ***Parents' Responsibilities:***

1. Get swimmers to practice at least 10 to 15 minutes early and be there on time to pick up your swimmer after practice.
2. Make sure your swimmer has proper gear for both practices 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 is a distraction. The coach will contact you if they need you.
  6. Check the entry list sent out to make sure your swimmer(s) is/are entered in the meet. If you notice an error, please notify the coach as soon as possible!
  7. Check your email and team web site on a regular basis.
  8. Ask Coaches to clarify anything you are unfamiliar with.
  9. If your child is feeling frustrated or overwhelmed, contact the Coaches.
  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 Coaches instruct your swimmer(s).
  12. Understand the Coaches have the final decision on event/practice placements.
  13. Represent the Cary Park Sea Dragons brand at meets and anywhere you wear Cary Park Sea Dragons gear.

***Swimmer's Responsibilities:***

1. Listen to your parents.
2. Listen to your Coaches.
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 Cary Park Sea Dragons brand at meets and anywhere you wear Cary Park Sea Dragons gear.
8. Have Fun!

---

## ***Getting Started with Cary Park Sea Dragons 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***

At our own facility or another team's facility, it is your responsibility to pick up your gear at the end of practice or swim meets. 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 and 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***

Cary Park Sea Dragons 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 constructively 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. You may also raise concerns with the Sea Dragons Board of Directors.

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***

Cary Park Sea Dragons 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.

Cary Park Sea Dragons 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***

Cary Park Sea Dragons 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. Cary Park Sea Dragons does add or change groups based on club needs.

---

**Mini Sea Dragons** - The Mini Sea Dragons is our pre-competitive group for swimmers ages 8 and under who are not quite ready to participate on our competitive team. The Mini Sea Dragons typically have at least one swim meet during the season on a Saturday morning, but do not participate in the Tuesday night dual meets (unless invited). Swimmers cannot sign up specifically for the Mini Sea Dragons. The way this works is the swimmer is signed up as a swimmer on the team through our normal registration process. Then all new swimmers ages 8 & under are “evaluated” during the first two weeks of the season before joining the normal practice groups.

**Age Groups -**

**6 and under**

**7-8**

**9-10**

**11-12**

**13-14**

**15-18**

***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) contact phone numbers stored in the swimmers’ phones, if they have their own phones.

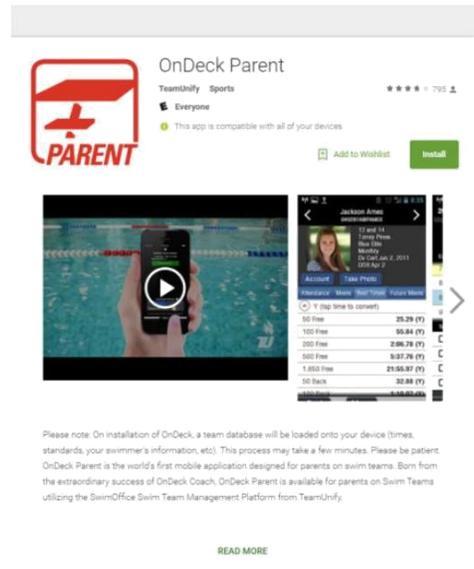
***Meets: Unlocking the Mystery***

Cary Park Sea Dragons swim at approximately 8 meets the entire summer season. We typically have about 3 home meets and 3 away meets. The other 2 swim meets are the Cary City Meet and the TSA Championships. All pools that we compete at are 25 yard pools and all swimmers, except for 6 and under and Mini Sea Dragons are able to swim all 4 strokes (butterfly, backstroke, breaststroke, and freestyle). Swimmers ages 6 and under may swim in up to 2 individual main events. All other swimmers may swim in up to 3 individual main events. Swimmers are also encouraged to attend all swim meets available, which includes 6 dual meets and up to 2 end-of-season championship meets.



## **On-Deck App**

On-Deck 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 far-away 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 TSA Rules. 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 On-Deck 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.

*"If you've swum competitively, at some point you'll have been DQ'd.  
Guess what? You're in good company." – USA Swimming*

## **Weather**

As we all know, the weather can get a little crazy in the summer! We can experience lightning, thunder, and heavy downpours. In the event of any of these, no worries! In accordance with TSA Rules, Cary Park is required to postpone a meet or practice 30 minutes since the last clap of thunder or lightning. The coaches will make a decision of whether or not to cancel the meet or practice. In the event that a meet is cancelled the coaches will send out an email regarding whether they will have a "make-up" meet or just cancel the whole thing.

---

## **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. In addition, Dragon Tamers will be responsible for writing the Swimmers’ Last Name on their arm. 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 our Cary Park based 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 CARY PARK SEA DRAGONS 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**

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: Team meet suit, team cap (2), team shirt, goggles (2), flip flops (but sneakers are ok, flip flops highly recommended), 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 any smart devices until you have the meet situation down pat, and don’t bring ANYTHING of great value to a meet as it could get lost or damaged easily.

---

## ***Volunteer Options***

As a part of this team, parents/families must volunteer in order for the season and swim meets to run smoothly. Volunteering is required and you have options.

**Announcer:** Keeps the announcements of score, events, and updates for the home meets in order and able to be understood for the families and swimmers. Needs to have some understanding of how a swim meet is run and not shy to speak on a microphone.

**Breakdown:** For home meets, the deck is restored back to normal pool set up. Take down and store chairs, tables, tents, etc. Puts lounge chairs back around the deck. Meet boxes cleaned up and placed back in the swim team closet. Help get the tent and boxes to the transporters car. ([Breakdown for away meet details](#) and [breakdown for home meet details](#))

**Breakdown Transport:** For away meets only. This volunteer works with the breakdown crew to take down tents and volunteer supplies. An SUV/truck that can carry 3 supply boxes and 6-8 pop-up tents is a must. All can be taken back home for the night and returned and put away at Cary Park Pool the next morning. Arrangements need to be made with the Meet Director to complete this job.

**Clerk of Course:** Lead swimmers to proper starting blocks for their events and get event slips to the recorder. Responsible for double-checking that the correct children, as indicated by the event slips, are in the proper lanes. This job is for experienced people in this position. It requires meet knowledge, patience, and organization along with good communication with the TSA Rep, Meet Director, and other team.

**Concession Manager:** This person should be trained prior to the home events to run the concession stand. They are to help set up (tables for food and snack table, water and Gatorade coolers with ice) and clean up the area along with managing proper amounts of food and drink(especially reordering of pizza and chick-fil-a)

**Concessions:** Sets up and then works at the concessions table. Need to be able to handle money and taking orders. Easy to step away to watch your kids swim.

**Concessions - Snack Table:** Sells candy and snacks at a separate table from hot food items. Easy to watch kids swim!

**Concessions Baker** – Bakes all brownies and cooks all potatoes for all the home meets to be sold at the concessions area.

**Dragon Tamer:** Manage the swimmers under the tent. Take them to the bathroom as needed. Keep a head count of kids under the tent and have them ready to swim. Line swimmers up for races and has them ready when the Kid Pusher arrives to move them to the Clerk of Course. Make sure the area stays generally tidy. Have kids dispose of trash properly and pick up personal items prior to leaving.

---

**Floater:** Fills in for any unfilled position on the day of the meet. Check in with the volunteer table to see if you are needed. Only earns points if fulfills a job need. Make sure to tell the volunteer check-in person your name and what job you did if you want your points.

**Head Timer:** This is a full meet job. Home meets only! You must be comfortable timing as you need coordinate the timers during our judges/timers meeting to get them assigned to lanes and ensure they know how to use our dolphin timers. You will act as a relief timer and keep an extra watch going if there is a malfunction from one of the lane timers. Work with the Meet Director at the conclusion of the meet to get all the timing sheets.

**Heat Winner Ribbon Distributor:** Stand at the finish end of the pool to hand out this ribbon to the winner of each heat. Fun to see the kids smiling faces!!

**Kid Pusher:** Gather the male/female (depending on which one you signed up for) swimmers from the Dragon Tamers to be brought to the clerk of course when the event is first called by the announcer. Once gathered, bring the swimmers, in event order, to the benches in their lane positions. This person needs to be able to get the attention of the swimmers and keep organized.

**Parking:** Put up the NO PARKING signs on Cary Glen & around the circle. The other sign should be put up at the loading circle to ensure no one is parking there. Make sure everyone is parking legally. Walk to areas and direct traffic/parking as needed. Make sure children are crossing safely at the circle.

**Participant Ribbon Distributor:** Provide a "Participant" ribbon to each swimmer who does not win their heat and who are not in the "Main Event". Front row seat to see those happy faces!

**Place Judge - 1st Place:** Work during Heat One Event heats & observe which lane came in 1st place. Must have a strong sense of the meet and be able to stand up for our team if there is a disagreement on first place. You will also be responsible for timing the first place swimmer. Front row seat to cheer your kids on!

**Place Judge - 3rd Place:** Work during Heat One Event heats & observe which lane came in 3rd place by holding up the lane number. Must be paying attention for accuracy of score. Front row seat to cheer your kids on!

**Place Judge - 5th Place:** Work during Heat One Event heats & observe which lane came in 5th place by holding up the lane number. Must be paying attention for accuracy of the score. Front row seat to cheer your kids on!

**Place Judge – 2<sup>nd</sup>, 4<sup>th</sup>, and 6<sup>th</sup>:** Same as above, but at the away meets

**Recorder:** Complete event sheets by recording the order of finish & times according to the place judges. Follow TSA rules and regulations that will be listed on your clipboard.

---

**Ribbon Writer:** Work at the awards table to write names and events on correct ribbons and place them in the family folders.

**Ribbon Sorter:** This is a job done at home, prior to home swim meets to organize/arrange ribbons for the ribbon writers. This ensures efficiency at the meet.

**Runner:** Take event sheets from the recorder and disqualification slips from the Stroke and Turn Judges and carry them to the scorer's table. You will be walking on deck so wear comfortable shoes that can get wet. This job only takes place during the main events of each heat. Great poolside view to cheer on your kids!

**Sea Dragon of the Week:** Place Sea Dragon of the Week signs in swimmers yards and print their certificate. Signs are switched out weekly and certificates are placed in mail boxes. This is a great "behind the scenes job".

**Scorer:** Keep a running total of points earned by each team. Follow TSA Rules and Regulations which will be printed out on the clipboard for your reference. This is usually job in the shade and allows for flexibility to get up and see your kids swim. It is a full meet position.

**Set up Coordinator:** Meets the set up crew at the meet (home and away) to ensure the setup is done correctly and efficiently. They will have a quick "training" session so they are informed on where the supplies are and how the setup is to be done. They will need to transport the tents and supply boxes to the meet.

**Set up:** Responsible for setting up the pool deck to make it ready to run the meet. Work with the Setup coordinator ([Home meet set up details](#) and [away meet set up details](#))

**Starter:** Start each event with an appropriate starting device and calls false start if needed. This person needs to have swim team experience and training. They must be able to remain calm and organized.

**Timer:** Each timer will be assigned a lane and given a stopwatch. Each timer is responsible for timing the swimmer in his or her assigned lane. The timer needs to verify the swimmer's name/number and record their time on the heat sheet. Usually the swimmer in your lane is a Cary Park swimmer. Be aware that at times, you may have a swimmer from the other team in your lane. Their time needs to be recorded on a separate sheet provided by our meet director or the other team.

**TSA Rep:** A volunteer from our team that is a Tar Heel Swim Association representative. This person serves as an overseer at each meet to ensure all rules and regulations are followed and the meet flows as smoothly as possible. You are required to represent our team at a few meetings during the off season and work each meet from start to finish. Swim team knowledge is necessary.

**Volunteer Coordinator:** This job means that you arrive 15 minutes prior to the swimmers arrival to the meets to check in the volunteers for their shifts. You also coordinate the change of volunteers at the middle of the meet and compile all the meet supplies from volunteers at the end of the meet. All volunteers must sign in to get points! Keeping track of this is critical. The timer sheets must go to a board member and supply boxes to the transporter for delivery back to the clubhouse. This job will be listed

---

as first and second shift, so you can choose to do one or both. You need to be organized and in touch with the volunteer board members in case we have jobs not filled or questions about a volunteer role. You will hand out the lanyards and appropriate clipboards and writing utensils.

**Water distributor:** Ensure all volunteer and kids are staying hydrated during the meet. Refill cups as needed.

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

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

### **Swim Meet Gear**

Goggles

Team cap (or plain, no summer or year-round team names on caps)

Team shirt

Team suit (or plain black or black and red suits) should be worn at swim meets.

\*\* Annually, Cary Park Sea Dragons will have suit fittings to order new suits.

**WARNING:** To the new swimmer and parents, your first few meets will seem crowded, chaotic and claustrophobic. But don't worry, it all seems normal after a while as you become accustomed to the routine, and remember:

If you need help, there will be plenty of Cary Park Sea Dragons Parents there to answer your questions. They've all been there!

**A Note on Taking Meet Photos:** Please be aware that, in general, **there is no flash photography** allowed at swim meets.

The reason is simple—the flash may confuse swimmers who could mistake it for the starting light that coincides with the buzzer at the beginning of every heat.

Otherwise, feel free to snap away without the flash. Your child has worked hard to get here (and so have you!), so capture and preserve as many memories as possible.

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! Go Sea Dragons!

---

## ***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.



