



How to communicate with your swimmer

The biggest thing is to ask questions instead of giving advice. Let your swimmer lead conversations, while you provide support. How do you react after a practice or race? Do you boast your praise or is it humble? Are you adding pressure or are you understanding? Start to identify how you as a parent listen, absorb, and respond when your swimmer has a good swim versus a bad swim.

Here are five YouTube videos, which take no longer than 15 minutes to watch all together, that can help.

“Carol Dweck – A Study on Praise and Mindsets” This is a video about subtle differences in how kids are praised and the big effects it has. Our program’s goal is to create a growth mindset among our athletes. This is from 2014, and is 4:51 in length.
<https://www.youtube.com/watch?v=NWv1VdDeoRY>

“If My Child Has a Bad Game or Practice” This is from a former Olympian turned Sports Psychologist. It’s from November 2016 and is 1:31 in length.
https://www.youtube.com/watch?v=WnWG_gE8CVc

“The Worst Part of Youth Sports For Kids Is The Car Ride Home” This one was created this year in April. It’s only :56 in length, but hits the nail on the head on how to communicate in the car after practices or meets.
<https://www.youtube.com/watch?v=IINcTcpgGd0>

This video is also about the car ride home from practice/meets. We don’t agree with the title so much, but the information is relevant. It was published in August of 2016 and is 1:22 in length.
https://www.youtube.com/watch?v=ELn-e_NocDw

Again, our coaches and board don’t agree with the title of the video, but it does feature kids’ opinions from various sports. It was made in June 2016, so it’s still pretty relevant to the thoughts of 2017 kids. It’s 4:30 in length.
<https://www.youtube.com/watch?v=u2LR4c3JsmU>