

Parent/Guardian Expectations



1. **Safe Sport:** Swimmer safety is our number one concern. Please adhere to the program's Safe Sport policy. Please only take photos or videos of your own swimmer. If you are taking a group shot, we ask that it is when swimmers are in the water or appropriate if out of the water, that they know either before or after that it was taken, and that they have your permission.
2. **Practices:** We would love for you to come watch practice. However, know what you are watching. What we are teaching is based on the topics of the week that are listed in the weekly e-mail. So if you see your swimmer doing poor turns, but turns is not something we are focusing on that week, be patient and know we will cover all aspects of each stroke every season. A human can only change thoughts every .6 seconds, and children are still training their nervous system's response rate.
3. **Meets:** Realize you are being viewed the same way the swimmers are at every meet. What you do as a parent/guardian on Swim Torrance, reflects directly back to our program. If our goal as a program is to become a well-renowned team, each member must act accordingly. How you portray yourselves at meets sells the team just as much as the swimmers' performances.
4. **Show your commitment:** We also need you to show your swimmer your investment in their sport. If you do not participate then why should they? Remember to sign up for timing spots at meets or bringing the team tents. If the swimmers are doing a community service project or Swim-A-Thon with our team, show them you are interested as well. Engage in your athlete's activities. You are not just a taxi service, hotel, and restaurant to them.
5. **Swimmers being on time:** Your swimmers are not old enough to get themselves to practice or meets. That means it is the responsibility of the guardian to have their swimmer be on time. If a swimmer is on time to the facility but takes his/her time transitioning from activation/dryland to the pool, that is on the swimmer. We use each minute in every practice and meet warm-up, so timeliness is extremely important. This is a lifelong skill. When your swimmer becomes a young adult and looks to enter their first job, this will be a small skill, but a vital one.
6. **How to support your swimmer:** Swimmers are hard on themselves. They know when they do well and when they do not. Coaches can be hard on the swimmers. They give constructive feedback, and occasionally it may need to be harsh for it to sink in. Guardians, your role is to support your swimmer. That does not mean everything you say has to be coddling them, but it does mean you need to know how to ask the right questions to create teaching moments without the swimmer feeling your disappointment. Think about a kids' day: they are talked at by teachers, they are talked at by peers, they are talked at by coaches. You should talk *with* them. Help them learn proper conversation involves sending and receiving messages from both parties involved, as well as listening. Help them understand positive interaction sparks a positive mindset.

7. **Process versus outcome:** Celebrate a best time, even if it's .01. That is the fastest your swimmer has ever gone in their life. However, when you celebrate it, celebrate it for the right reasons. Not just because they swam a best time, but ask them *how* they went a best time? Get them to use critical thinking skills. Also know that adding time is not always considered a failure. It is clear to coaches when a swimmer is not trying, which is unacceptable, and coaches will let them know that. However, if a swimmer is actively working on doing what we have been working on in practice, and they add time, coaches will still consider that swim a success. We are trying to teach process, not outcome. The outcome will be a direct result of the process.

8. **How to support the coaches:** Please follow the proper chain of command in regards to contacting coaches. We want there to be open channel of communication, but please stay within the appropriate time frame. Coaches can only be successful if you support them; otherwise the swimmer will follow your lead. If swimmers do not believe in their coach, then they will not learn from their coach. For swimming corrections, direct your swimmer to the coach. Know we are also creating a culture where any coach from any group is capable of giving your swimmer feedback. Each of the coaches are of the same understanding of technique they should be seeing from our swimmers, so each coach can give the same corrections.

9. **Understand the timeline:** Be patient. We are creating a culture, and that takes trust and time. A swimmer just starting 5th grade has 16 seasons left in the program. A new 7th grader has 12 seasons left. There is no need to rush the process. Swimmers will add onto their skills in each division and will learn something from every coach. We are not looking for 10&Under wonders. It is not about instant gratification. We are more concerned with the long-term progression, love of the sport, and character development, which all are ultimately about creating well-rounded young adults.

10. **Get excited about the future:** When all members are on board with the same mission is when we will be successful. We have been and will continue to build a strong program in Southern California Swimming. You will continue to see the results of hard work, commitment, and education with the passing of each season. There will be some seasons that are tough, but no path was paved without overcoming obstacles. The entire staff is thrilled you are on board with us in supporting your athlete.



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