

Every season we get comments and questions regarding tapering and why swimmers are not performing to their expectations. I would encourage your swimmer to run through this list and take notes. Do this before you reach out to a coach. If your swimmer still doesn't understand why the season was disappointing then reach out and schedule a meeting with your child's coach or coaches. Swimmer, parents and coaches should be in attendance.

- **Review your attendance for the season.** You can do this on TeamUnify, under the My Account tab. Select your swimmer's name under the Member's tab and then select the Attendance tab. Attendance is the most common reason for disappointment at the season ending meets. Most often we hear comments about a taper not working or missing a taper. Taper is one phase of the season plan. If you miss a portion of any of the other phases in the training plan the season plan is less likely to yield good results. Coaches can not be responsible for a season plan that is not executed as intended. The most common times for vacations (Christmas and Summer Vacation) are often the worst times of the season to miss. We understand that sometimes your family may not have other options for vacationing, but we want you to understand that it can impact the results for your swimmer. The best times for vacations are during our breaks (Late March - Early April, and August). If you have a question, talk to your coach! For more information on season planning see Blaine's document - Season Planning, The Key to Peak Performance on our Swimmer Education page.
- **Review your season goals and note what you have been doing to reach those goals.** Often we see swimmers not getting the rest needed to recover and perform at a high level. Work, social life and school work can all impact what happens in the pool. Balance is important. As a swimmer progresses in swimming the demands can be great, so it takes responsibility to plan ahead and understand the demands of all aspects of their life. It can be done, many have done it in the past and many continue to do it now. Parents should be there to help guide their swimmer to make good decisions, but ultimately it is on the swimmer to set up their schedule and stick to it.
- **Make note of the skills the coaches have been working on with you during the past season. Have you committed to making the corrections? If not, what will you do to make these adjustments this season?** Bad habits can be hard to break. Coaches are often saying the same things to swimmers from season to season, it is the swimmer's responsibility to make those corrections. It has to be done regularly in practice so that new habits are formed. The coaches will help but this responsibility lies with the swimmer, and if a swimmer is not understanding a correction then they must ask questions. The coaches always welcome swimmer questions when the goal is to improve!
- **Leave swimming at the pool!** Stress and fast swimming don't go together! Encourage the swimming talk at the pool and with the coaches. Outside of that leave the swim talk, rankings, and stroke corrections at the pool. Parents should NEVER compare their swimmer to others or have such a discussion with their child. Your swimmer can only control themselves, getting wrapped up in what others are doing is a recipe for frustration and disappointment.