

WATCHING A PRACTICE

The Dolphins have an open door policy for all practices and encourages parents to observe practices periodically.

When you do watch a practice please observe the following:

* Sit in designated areas:

50 meter pool- sit in observation deck.

25 yard pool- sit on the side of the pool.

* Do not sit at the start end, this is a distraction for both coaches and swimmers.

* Do not coach your child during practice; this distracts both child and coach from focusing on the training procedure and can weaken the child/coach relationship.

* Do not advise coaches regarding your child while on pool deck. Coaches have a specific agenda for each practice.

Questions or comments are welcome before and after practice but not during coaching hours. You may also discuss issues with the coach by e-mail, or by phone during regular office hours.

* It is best for the parent athlete relationship to not to coach your child after practice; this sends a mixed message to the swimmer and can create pressure and confusion. Please address any specific concerns with your coach.

* Do not video your child at practice to use as a means of coaching or feedback.

* Discuss all disciplinary problems, meet questions, and training concerns with your athlete's primary coach.