

Developing Independence/ Swim Meet 101

Fontana Aquatics Club

Developing independent and responsible athletes and individuals is one of our primary goals. We want our athletes to take ownership over their sport. Outlined below are a few different ways that parents can help us develop independence in a swimming environment, both at practice and at meets.

Swim bag & Equipment bag

The swimmer should always carry their own swim bag and equipment bag. Please allow your child to pack their own bags when they are old enough. 8 & over is a great time to begin doing this and parents can double check to make sure they have everything needed. Swimmers 11 & older should be fully responsible.

Meet check-in

Swimmers should check in on their own and are also responsible for checking their heats and lanes before the race. Parents of younger swimmers are encouraged to double check to make sure they got it right (double check separate from the swimmer, unless they are new to meets).

Meet Warm Up

Warm up is for swimmers and parents should not approach the warm up pool. Swimmers will carry their own towel and leave it behind the blocks as they warm up.

Before & After Race

Behind the blocks is an area for the swimmer & their teammates. Parents are expected to watch from the spectator area. After the race, the swimmer should immediately see their coach or warm down and then see the coach. We ask that parents wait until after this is over to talk with their child.

Coaches Tent

The coach's tent/area is for the swimmers to get advice and feedback before and after each race. Parents are asked not to approach the tent unless there is a pressing issue. It is a team policy that parents are not allowed in the tent.

During Meet

Swimmers should sit under the team tents with their teammates. The team tents are for swimmers only. Parents should sit separately from their children. Please allow them as much freedom and independence at meets as possible.

Communication

All swimmers on the competitive team are encouraged to communicate with the coaching staff about all training and competition related issues. We ask that the parents allow for this to happen, and contact us if there are any pressing issues.

Support

We rely on our parents to always give positive & supportive feedback to their children. Parents are welcome to ask the child what he/she thought about practice or a race, or what the coach said, but please do not give any of your own specific feedback. It is best for the athlete to hear this from one person, and that person is their coach.