



Jay Chambers

Manager, Performance Development



- Coach Jay Chambers is a Manager of Performance Development for USA Swimming with 41 years of coaching experience at the Club, High School and NCAA D I levels. He has coached in Ohio at the Athens Swim Club and Ohio University, but most of his 41 years of experience were in Indiana. There he coached at the Indianapolis Athletic Club, Tippecanoe Swim Team, Harrison HS, Zionsville HS, Carmel Swim Club & Carmel HS, Washington Township Swim Club, and Fishers Area Swimming Tigers/Fishers HS, where he coached National Champions and Record holders.
- Jay holds a Masters degree in Physical Education.



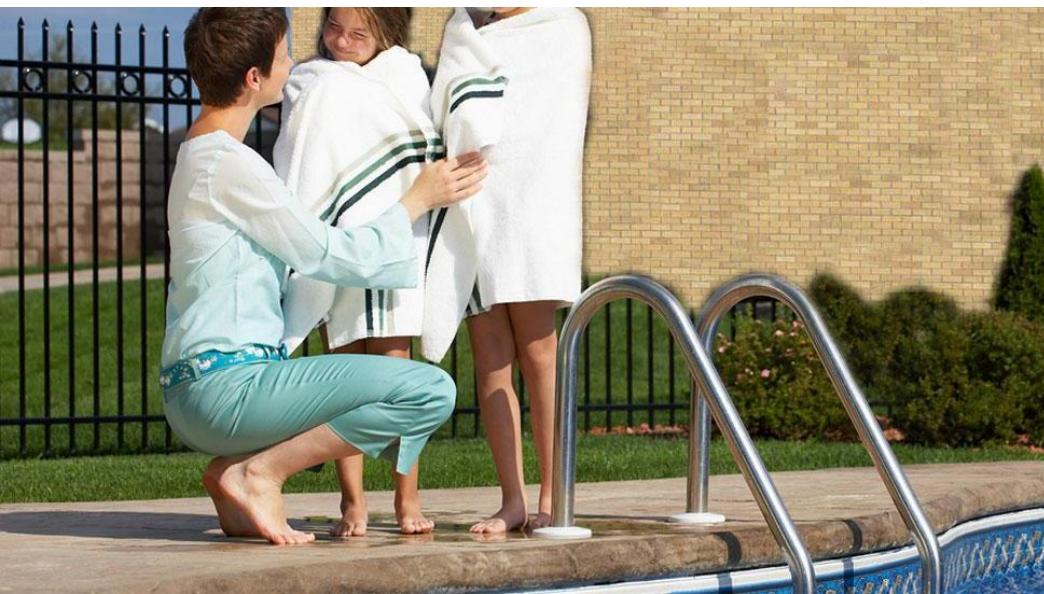


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SEARCH

SOURCES TIPS & TRAINING EVENTS TIMES NEWS NATIONAL TEAM OLYMPIC TRIALS FOUNDATION

Swim Parent Workshop



Swim Today



THE FUNNEST SPORT THERE IS

Health, fun, family, friends. Swimming brings it all together. Find a club, join a team and jump in.



What is USA Swimming?

**National Governing Body (NGB)
For competitive swimming in USA**

Core Objectives of USA Swimming:

Build the Base

Promote the Sport

Achieve (Sustain) Competitive Success



Why Kids Swim?

1. Enjoy/Fun 28%

2. Fitness 15%

3. Be with Friends 13%

4. Compete 13%

5. Improve 8%

6. Meet New People 8%



College Scholarship - Not on the list!!





College Scholarships

83% Parents* expect Scholarships

7% Earn Scholarships*

*** General Population**

NCAA Swimming: Women 14.4, Men 9.9



Sources of Fun

Coach compliments & encourages me

Relays where team comes together

Winning races

Varied workouts

Getting in shape

Cheering each other

Being with friends

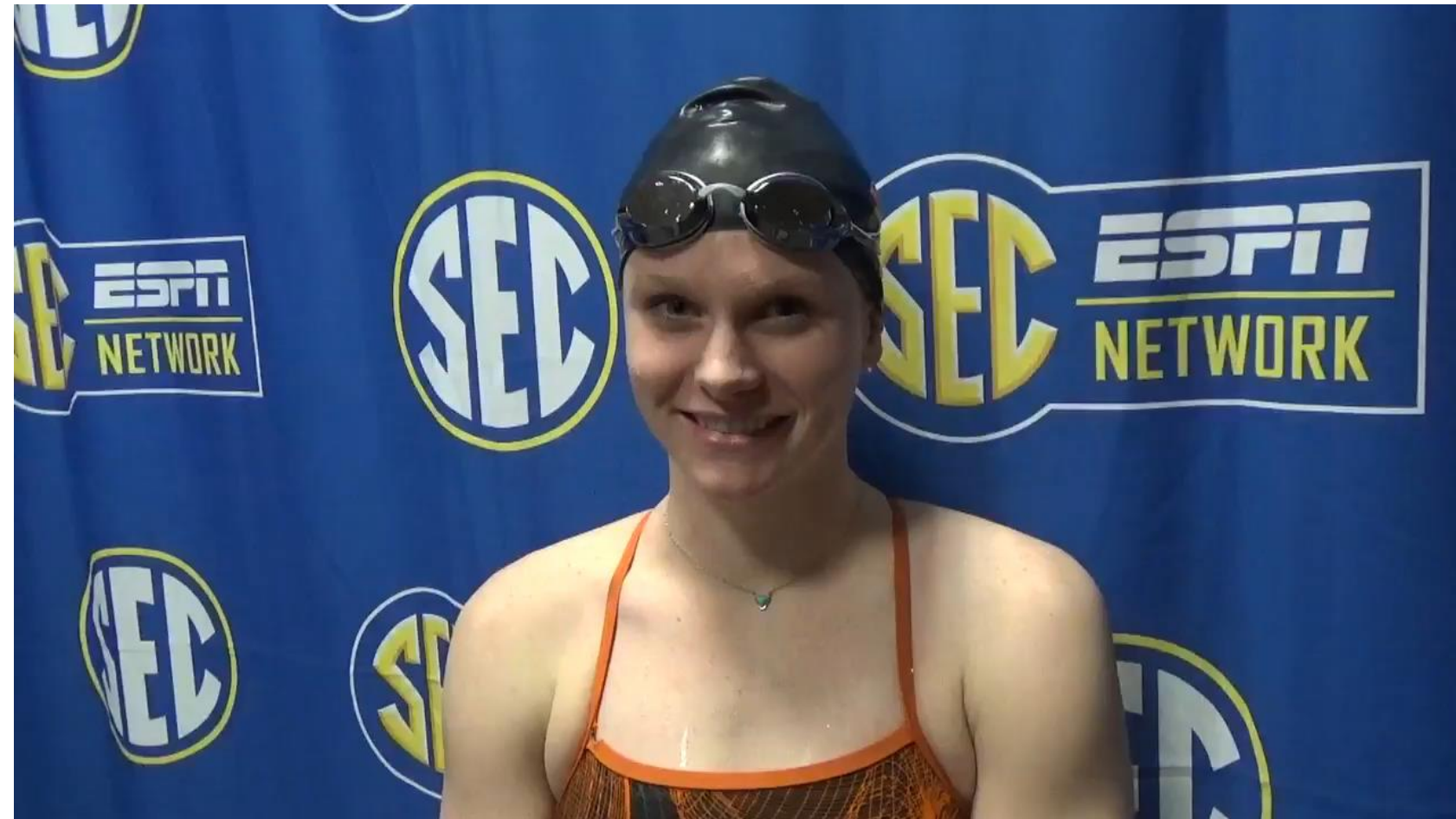
Accomplishment

Being known as a good swimmer

Trying to improve my times; Being on a team



The Funnest Sport There Is...



Erika Brown, U. of Tennessee

<https://www.swimmingworldmagazine.com/meet/sec-swimming/videos/interviews/erika-brown-tennessee-day-two>



Why Kids Quit?

Takes Too Much Time 18%

Lack Of Fun 8%

Coach Was Negative 15%

Swimming Boring 9%

Enjoy Other Activities 15%

Parents' Emphasis 6%



What is Not Fun

Getting slower times than my goals

When other swimmers skip laps or get in front of me

When coach yells or threatens me

Swimmers who think they're good because they're fast

Parents ask about bad races

When parents brag about their swimmer





Growth & Development

Early Performance...



Heavily influenced by maturity level



Match the Athlete to Their Age

Trick Question! They're All 14!

12 years old

14 years old

16 years old



Kids the same chronological age can vary by as much as 5 biological years!

Reality!



Early Maturer

- Taller and Heavier
- More muscle mass, development
- More endurance
- Acquire physical skills more quickly
- Parent was early maturer
- Early success: grade school star

Late Maturer

- Smaller in stature (may be tall and very lean)
- Less strength
- Less muscle mass and skeletal maturity
- Lower motor skills
- Parent was late maturer
- Less athletic “success” in grade school



Early Maturers

Early success: biological advantage

Neglect Technique, “get by” on size,

Low Work Ethic, “easy” success;

Excessive Recognition from coaches, parents, peers

Experience Frustration as late maturers close the gap



Late Maturers

Have a low **perceived** competence level due to biological disadvantage

Lack positive attention, recognition, or encouragement from **coaches, parents, and peers.**

Leave the sport due to frustration, lack of success.



The 10 & Under Wonder?

Ranked Top 10 as a:

| | | |
|-----------------|----------------------------|-----|
| 10 & Under..... | Still Ranked as 17-18..... | 11% |
| 11-12..... | Still Ranked as 17-18..... | 21% |
| 13-14..... | Still Ranked as 17-18..... | 36% |
| 15-16..... | Still Ranked as 17-18..... | 48% |

50% of our top swimmers develop after Junior Year in High School!



Strategies to deal with differences

Keep winning/losing in perspective.

Prepare child for future changes

Focus on long term development





Raising “Super Stars”



Your child's success or lack of success in sports does not indicate what kind of parent you are.



But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and tries their best **IS a direct reflection of your parenting.**



#1 Responsibility of Parent...

Is to provide a stable, loving,
and supportive environment
for your child.



(Not Coaching)





Parent Coaches

“I often hear from parents who are struggling with coaching their own kids. Here's my best advice: sit down before all the practices or games start and talk openly about the situation. Talk about all the pitfalls and the confusion with roles.”

- Dr. Alan Goldberg



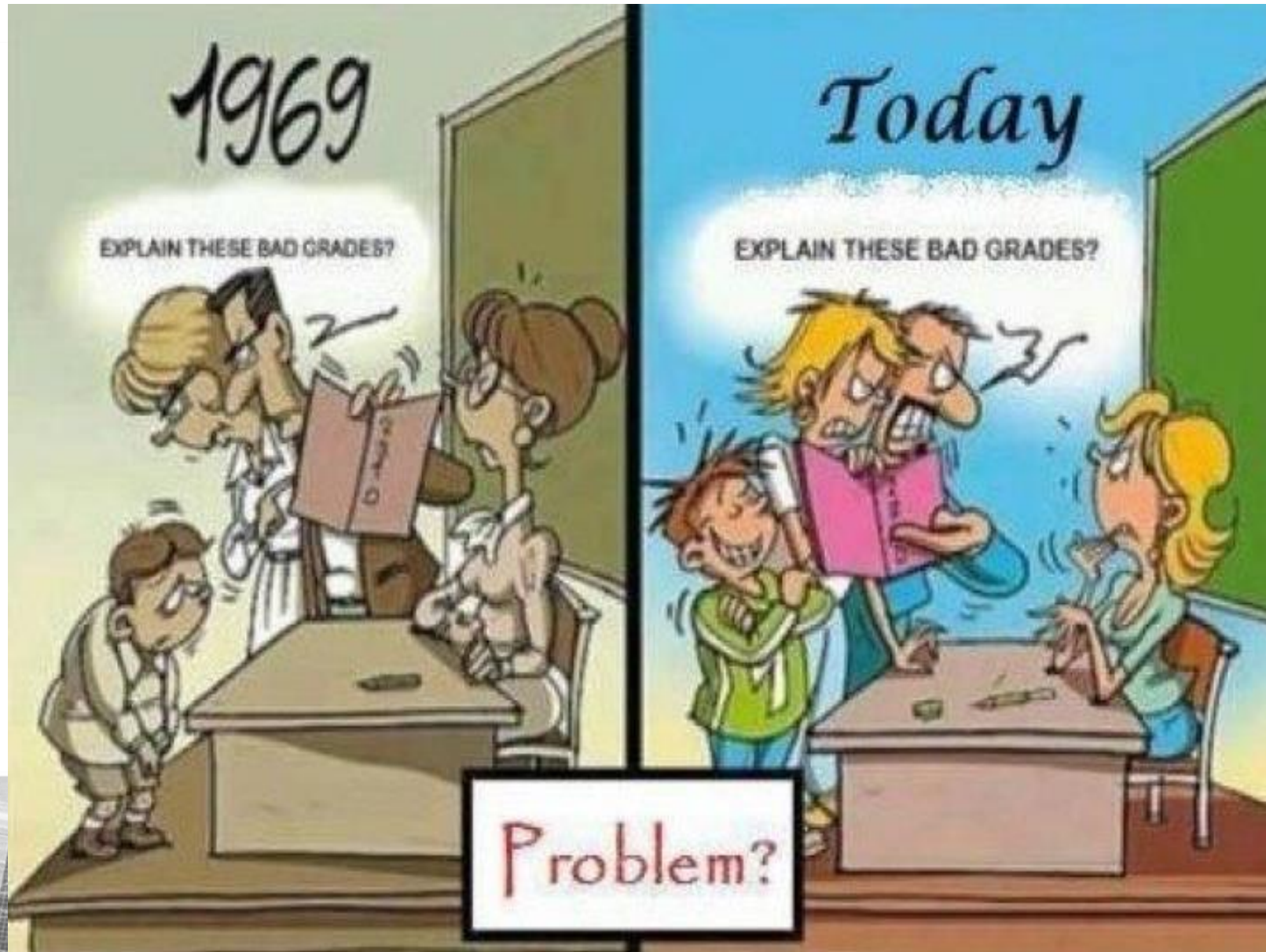
Your Role As A Parent

YOU are your child's primary role model!

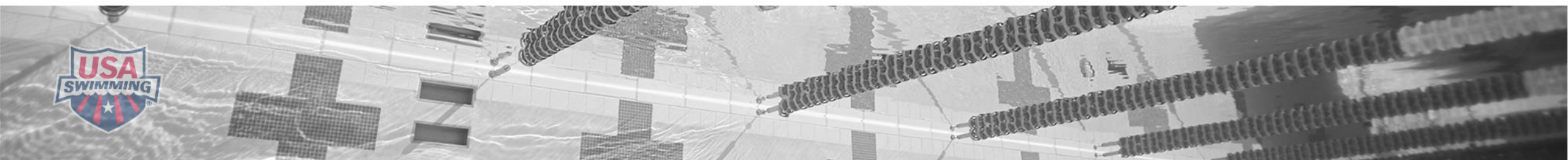
Be aware of what you are "modeling!"



“Explain These Bad Grades!”



Are you a
helicopter
parent?





“ More/Less Training”





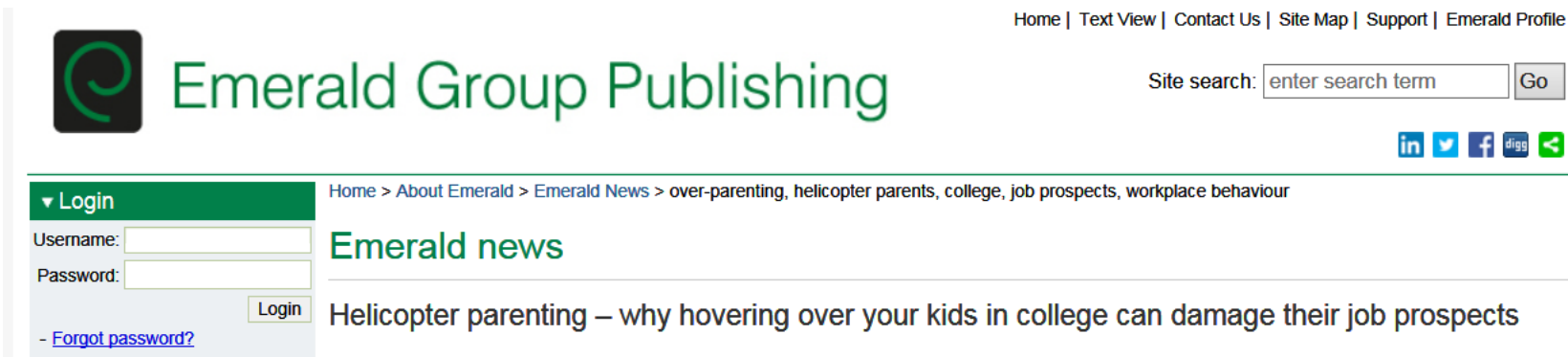
A photograph of a stone staircase in a forest, with the text "Don't rescue your child from a challenge." overlaid in white with a black outline.

**Don't rescue
your child
from a
challenge.**

**Teach them
how to
face it.**



Don't Be a "Helicopter Parent!"



The screenshot shows the Emerald Group Publishing website. At the top right, there are navigation links: Home | Text View | Contact Us | Site Map | Support | Emerald Profile. The Emerald Group Publishing logo is on the left. A site search bar is located on the right with the text "Site search: enter search term" and a "Go" button. Below the search bar are social media icons for LinkedIn, Twitter, Facebook, and a share icon. A breadcrumb trail reads: Home > About Emerald > Emerald News > over-parenting, helicopter parents, college, job prospects, workplace behaviour. On the left, there is a "Login" section with fields for "Username:" and "Password:", a "Login" button, and a link for "- Forgot password?". The main content area features the heading "Emerald news" and the article title "Helicopter parenting – why hovering over your kids in college can damage their job prospects".

...the clearest difference between those students with helicopter parents was their lack of belief in their own ability to complete tasks and reach goals...



...or a
“Curling
Parent?”





“Students gain lasting self-confidence, not by being protected from failure, but by learning they can survive it.”

*- Tony Wagner,
teacher & author*



The Post-Practice Analysis



“...and you’ve got to kick harder in practice...”

Good Swim Parent ...at practice



Helping Your Child at Practice

DO.....

Encourage “have fun, be safe”

Ask if they had fun, learn anything new?

Listen to feelings your child expresses

Encourage child to be self-reliant, take care of own equipment

Interrupt practice only in emergency



Be Prepared for What if..... ?

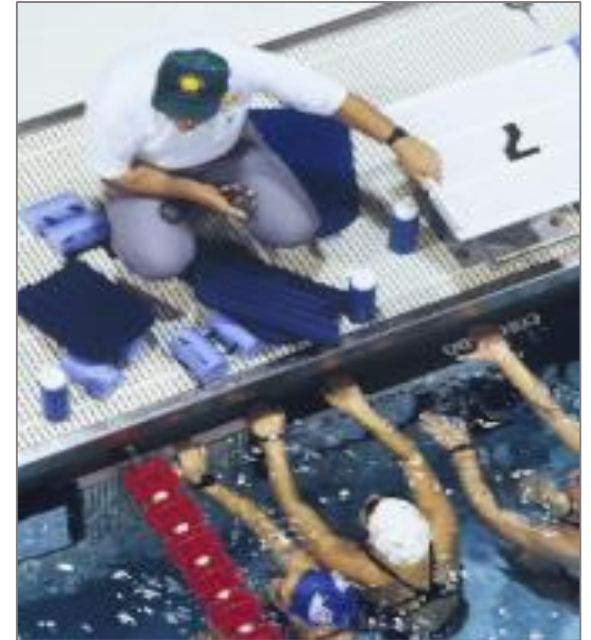
My child doesn't want to go to practice?

My child only goes to ½ of practices because of other activities?

My child thinks practice is too easy/hard?

My child says some kids cheat in practice?

My child gets “kicked out” of practice for bad behavior?



What if...?

My child's as fast as kids in older group but coach won't move her up?

Coach wants to move child up but child wants to stay w/friends?

My child doesn't seem to be improving?

My child wants to quit swimming?





Dr. Angela Duckworth



https://www.youtube.com/results?search_query=angela+duckworth+ted+grit



Phrase Your Praise

PRAISE

<https://www.youtube.com/watch?v=ygEvntynlgc>



Growth Mindset

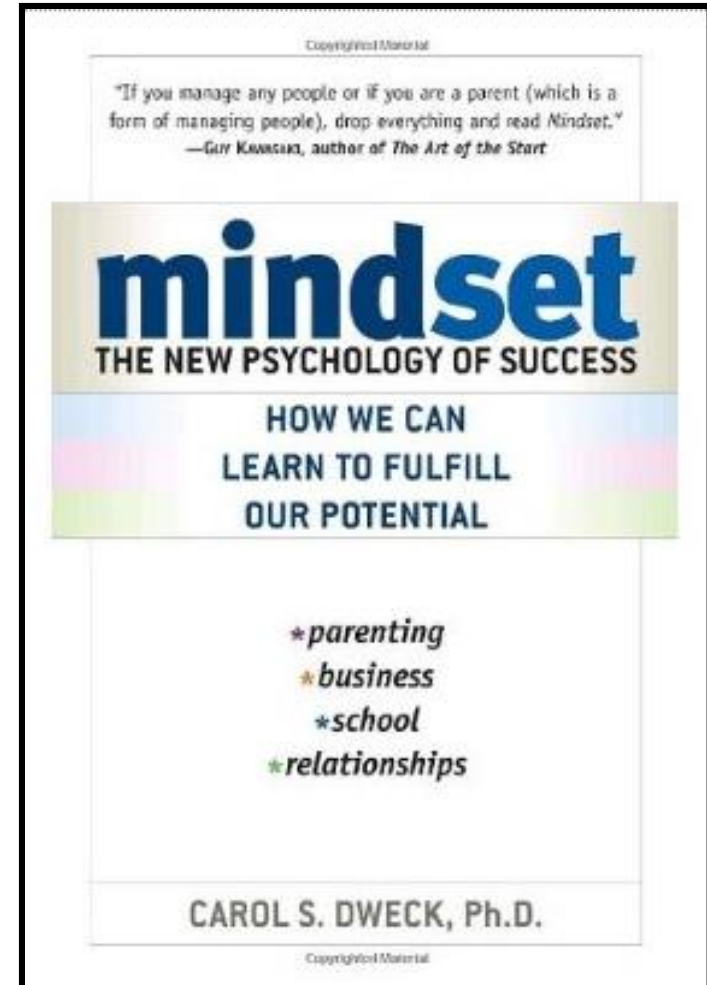
DON'T PRAISE

INTELLIGENCE
OR
ABILITIES

DO PRAISE

THE PROCESS
AND
EFFORT

Carol Dweck



PRAISE EFFORT, Not Results!

- The key to effective praise is to:
 - **Focus on the process,**
 - **Not the person.**
- Put the emphasis on what was produced, not on the athlete.
- This sounds sort of chilly, but the effect is actually the opposite.

The Talent Code and The Little Book of Talent by Dan Coyle





Praise Effort, Not Results!

School:

- Instead of, “Another A-plus! You’re so brilliant at math!”
- Say: “Another A-plus! You must’ve really studied hard for that test.”

The Talent Code and The Little Book of Talent by Dan Coyle



Praise Effort, Not Results!

Swimming:

- Instead of, “Another AA time standard, you’re so talented!”
- Say: “Another AA time standard, what did you do in practice to prepare for that?”



Praise Effort, Not Results!

Swimming:

- So, instead of saying, “Wow! You’re such a fast backstroker!”
- Say: “I love your backstroke! Tell me how you go so fast.”



Are You a Pressure Parent?

Is winning more important to you than your child?

Do you conduct “race reviews” on the way home?

Is your disappointment obvious?

Do you try to “psych-up” your child?

Do you let your child know how much you sacrifice?



Are You a Pressure Parent?

Do you feel you have to force your child to practice?

Do you think you could do better coaching your child?

Do you ever dislike your child's rival or their parent?

Are your child's goals actually your goals for them?

Do you provide material rewards for performance?



Talking After A Race

Be Sensitive.

Keep things in perspective

Life Goes On!



“I Love to Watch You Swim”

[Rachel Macy Stafford](#) Become a fan New York Times

Bestselling Author and Certified Special Education Teacher

Her first event was the 25-yard freestyle. At the sound of the buzzer, my daughter exploded off the blocks and effortlessly streamlined beneath the water for an excruciating amount of time. Her sturdy arms, acting as propellers, emerged from the water driving her body forward at lightning speed. She hadn't even made it halfway down the lane when I reached up to wipe away the one small tear that formed in the corner of my eye.

Since my older daughter began swimming competitively several years ago, I have always had this same response to her first strokes in the first heat: I cry and turn away so no one sees my blubbering reaction.

I cry not because she's going to come in first.

I cry not because she's a future Olympian or scholarship recipient.

I cry because she's healthy; she's strong; she's capable.

And I cry because I love to watch her swim.

Oh my. Those six words... I love to watch her swim.

I had always felt that way -- tearing up at every meet, but I hadn't said it in so many words... or should I say, in so few words.

After the meet, my daughter and I stood in the locker room together, just the two of us. I wrapped a warm, dry towel around her shivering shoulders. And then I looked into her eyes and said, "I love to watch you swim. You glide so gracefully; you amaze me. I just love to watch you swim."

Okay, so it wasn't quite six words, but it was a huge reduction in what I normally would have said. And there was a reaction -- a new reaction to my end of the swim meet "pep talk."

My daughter slowly leaned into me, resting her damp head against my chest for several seconds, and expelled a heavy sigh. And in doing so, I swear I could read her mind:

The pressure's off. She just loves to watch me swim; that is all.

I knew I was onto something.



After a “poor” swim, ask/say:

“What did the coach say?...Work on it in practice.”

“I liked your **EFFORT!**”

“I am disappointed FOR YOU (not ‘in’ you).”

“At least you learned something, so it was a success!”

“That’s not like you. You will do better next time.”

“**I love watching you race. I love you!**”



Say these things and mean them!

After a “good” swim, ask/say:

“What did the coach say?....Work on it in practice.”

“I liked your **EFFORT!**”

“I am excited FOR YOU (not ‘in’ you)...That’s awesome!”

“At least you learned something, so it was a success!”

“**I love watching you race. I love you!**”



Say these things and mean them!

What do swimmers want?

Your presence

Your support

Don't try to coach



Offer questions, not analysis

After a game, resist the urge to explain ways your child could improve. Just ask:

“How’d it go?”

“Did you have fun?”

“How was the meet?”



Helping with Goal Setting

Offer encouragement

Avoiding “beating” others

Reinforce coach emphasis

Challenging but realistic goals

Must be Athlete's Goals (Not Yours)

Process rather than outcome goals



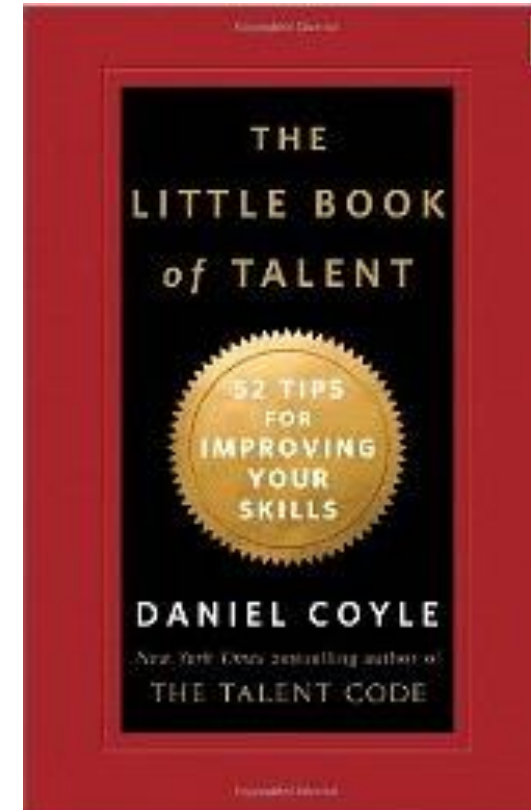
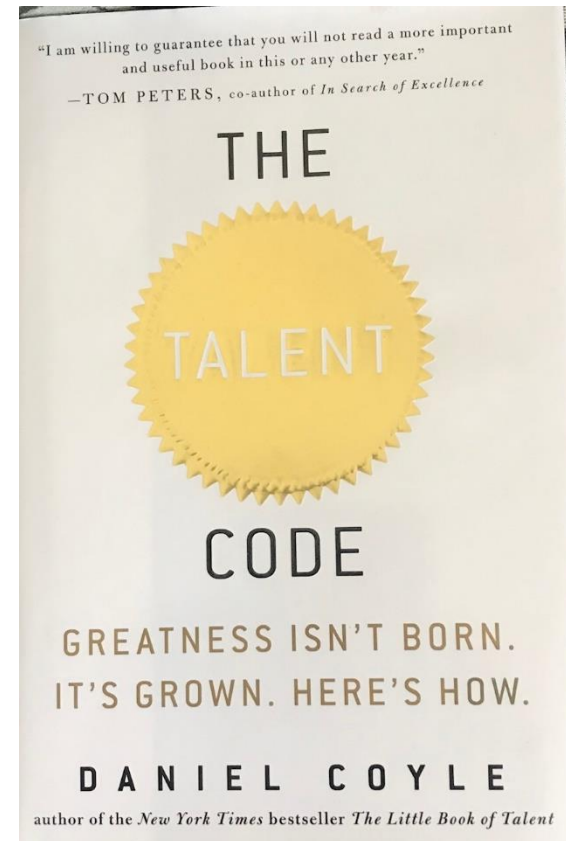
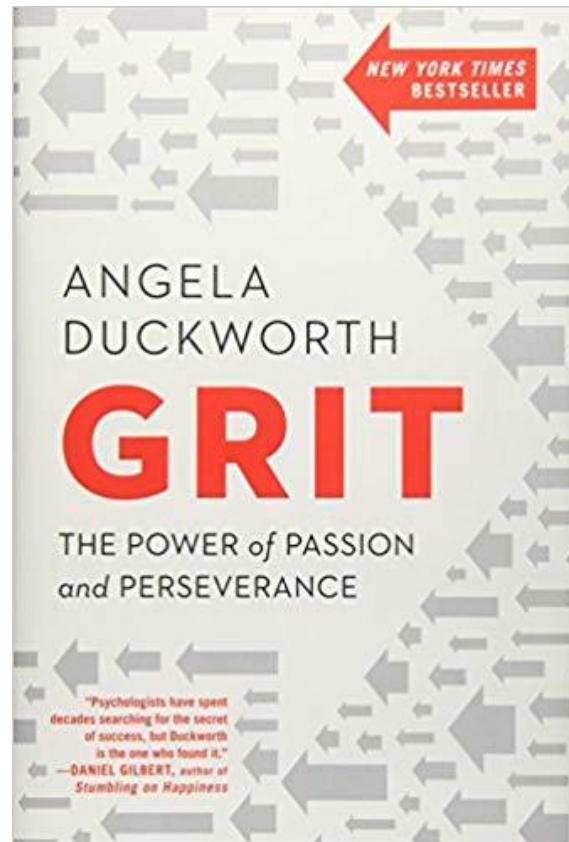
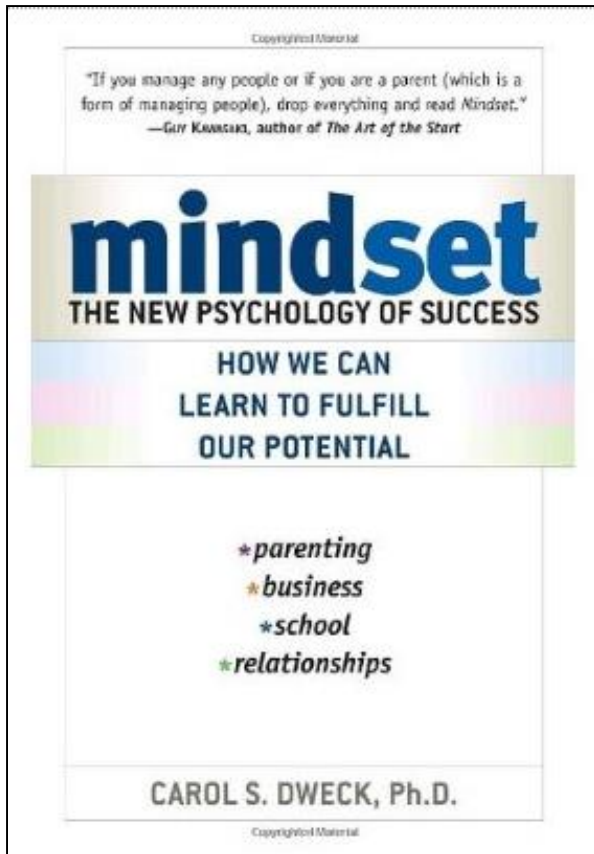
“My Coach
is Mean”



“My Parents
Are Mean”



References





Nutrition



The Basics

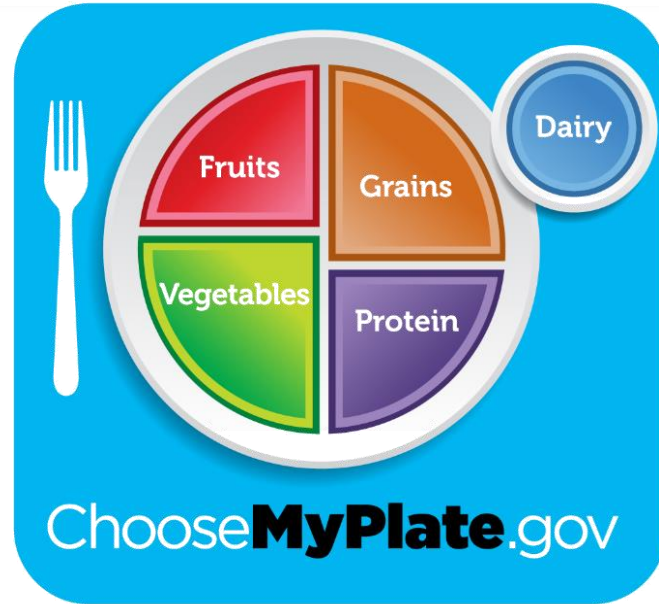
High in carbohydrates (60% of calories)

Moderate in protein (15%)

Limited amount of fat (25%)*



Nutrition Foundations...



**Eat a variety of foods
from all food groups**



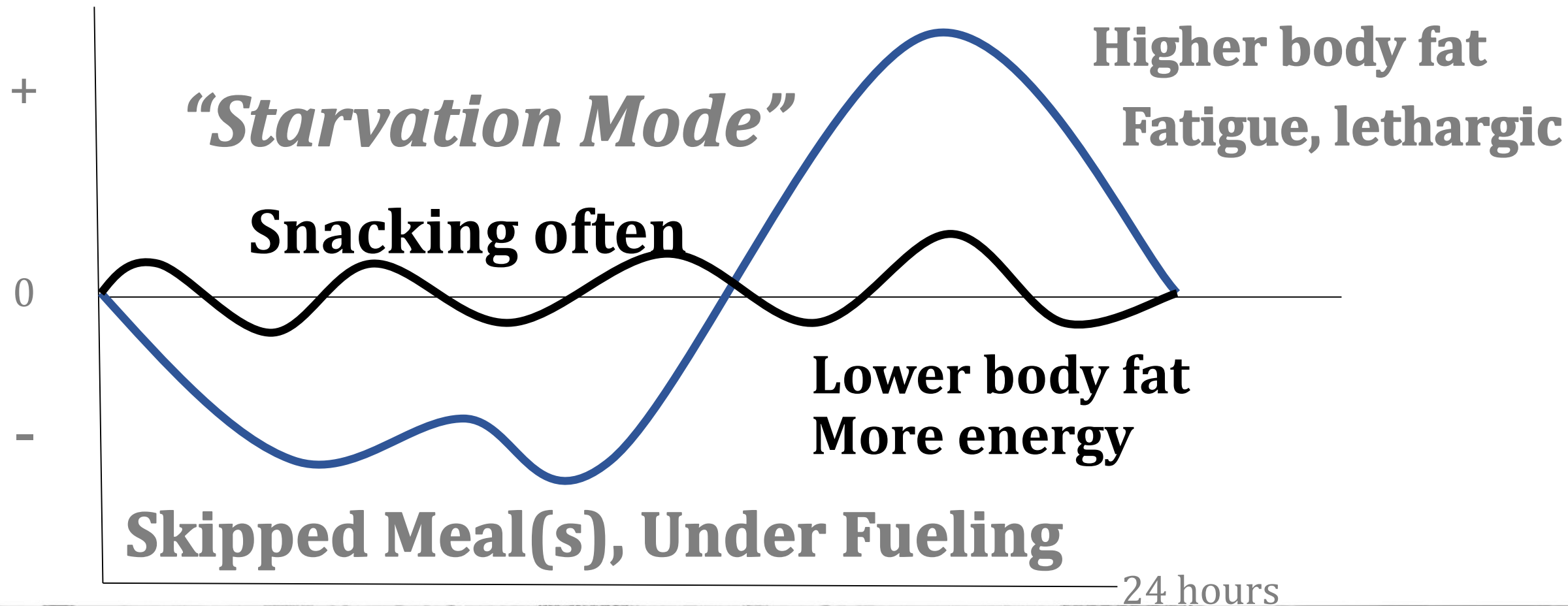
Nutrition Foundations...



**Eat colorful foods
(5-6 per meal)**



Effects of Skipping Meals



Athletes who skip meals and only eat one meal per day have higher body fat composition

Deutz et al, 2000 Med Sci Sports Exerc 32(3) 659-68



Nutrition Foundations...



**Eat early and often...
...including recovery**

Nutrition Foundations...



**Drink early and often
...including recovery.**



“Sport Drinks”

Contain a blend of sugars and electrolytes

These drinks help with activities 90+ min



The Hydration Basics

Exercising longer than 90 minutes, use a sports drink.

12-Under: Water

13-Over: May use Sport Drink





Nutrition Foundations...



**Drink chocolate milk after
practice for recovery**



Stimulant Drinks

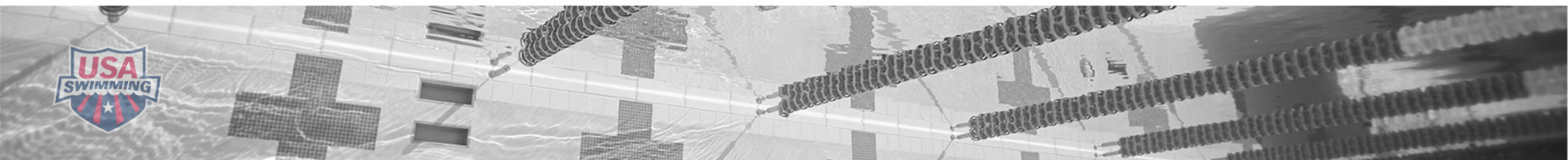




5-hour ENERGY®

What is the “Magic Pill?”

Sleep



Sleep: Cortisol

Cortisol is a steroid hormone

It is released in response to stress and a low level of blood glucose

Cortisol increases blood sugar, **suppresses the immune system**, and aids the **metabolism of fat, protein, and carbohydrate.**



Sleep: hGH

hGH is Human Growth Hormone

Stimulates cell growth and regeneration

Release highest during first part of sleep

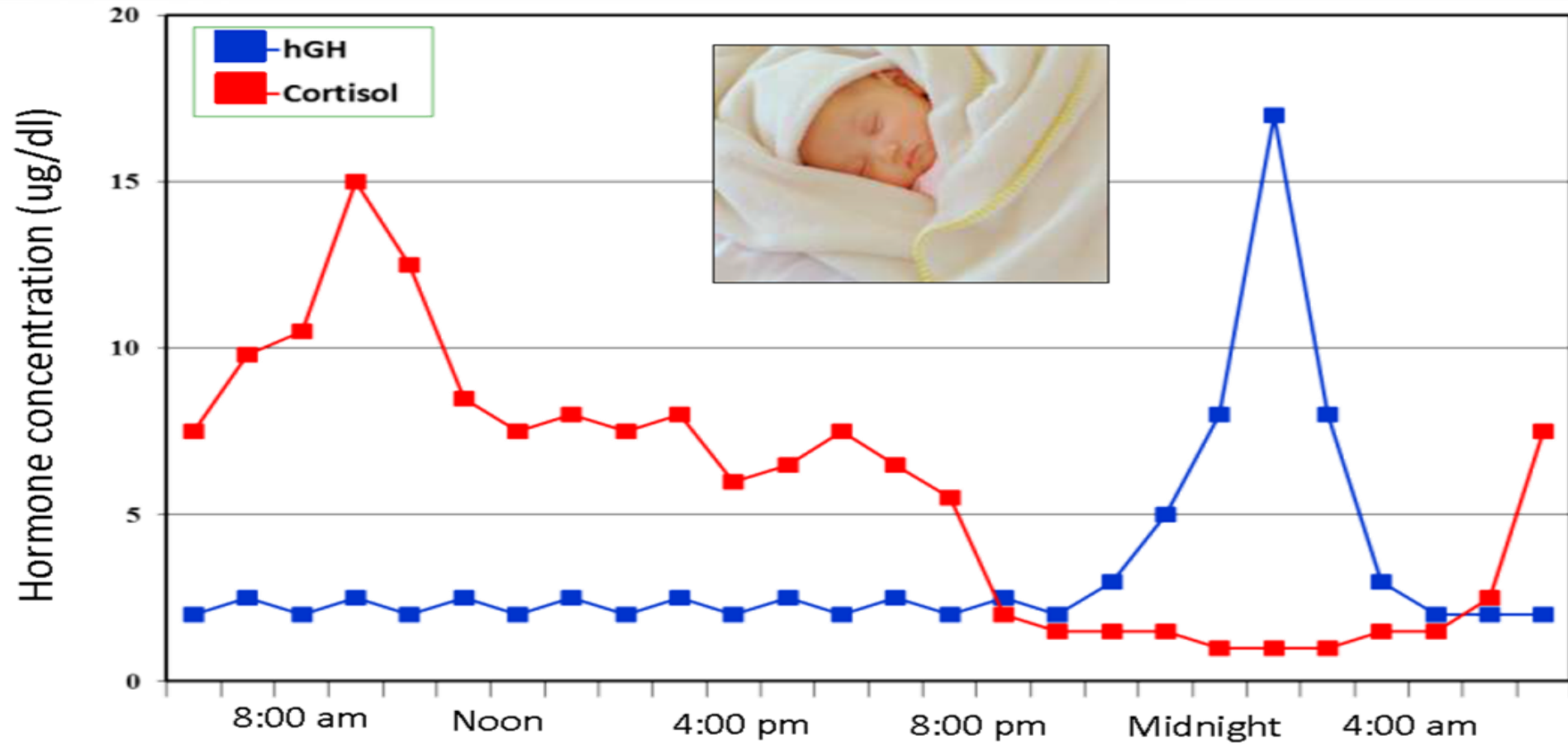
Important: Get to bed at a decent time

Short sleep blunts the effect of hGH

Illegal - Banned by IOC & NCAA



Recovery: Sleep is Crucial



Stone et al. in review

Sleep Extension Study

**Stanford: 2 week baseline, 6 week extension, 2007
basketball, swim, tennis, football.**

Goal of 10 hours of sleep for approximately 6 weeks

Swimming (n=5 men and women)-

Sleep Extension Study

Improved speed, reaction time, turn time and kick strokes

.51 seconds faster in 15 meter sprint

5 kicks more in stroke frequency

.15 faster off blocks

.1 second faster in turns

Reduced daytime sleepiness

POMS* improvements in mood

*POMS = Profile of Mood States

Sleep Extension Study

Athletes reported:

Faster recovery time

Better lift/cardio sessions

Fewer injuries



UNITED STATES OLYMPIC COMMITTEE

Lindsay Thornton



Sleep Extension Study

Mah quote “many of the athletes in the various sports I have worked with, including the swimmers in this study, have **set multiple new personal records and season best times**, as well as broken long-standing Stanford and American record **while participating in this study.**”



UNITED STATES OLYMPIC COMMITTEE

Lindsay Thornton



Sleep and Health

Sleep predicts how long you will live. Those with 8 hours nightly live the longest

Amount and quality of sleep prior to germ exposure/infection can determine whether or not you catch a cold.

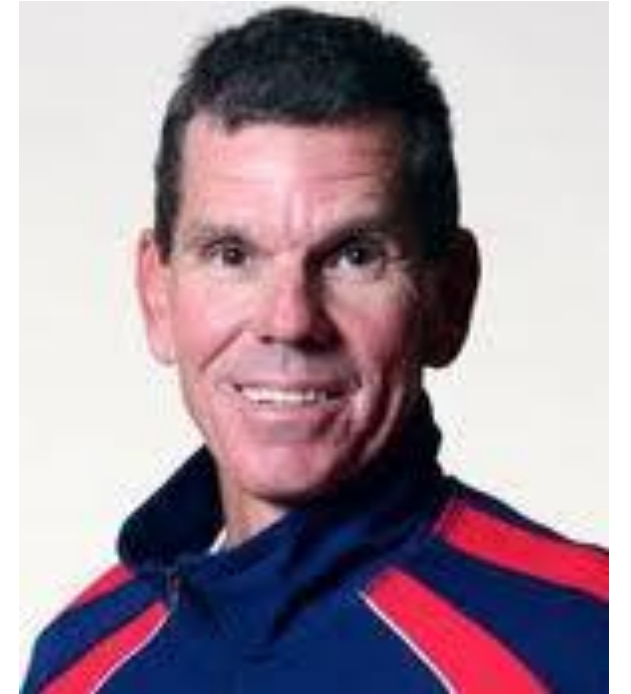
Natural killer cells, part of immune system, are reduced by 30% when you stay up until 3am

Supplements for Kids?

“There is no place in the sport of swimming, for our children, to be using sports-supplements which are clearly intended for adults. They aren’t made for kids, they may not be safe in the first place, and the potential for great harm is present.”

- Frank Busch

Former USA Swimming National Team Director





Your Team
Your Coach

Coach, I want you to:

1. Remember that my child is an individual with many interests and talents
2. Know about kids and their development
3. Know the sport of swimming
4. Remember that winning isn't everything
5. Be a role model for my child.
6. Be organized and keep me informed well in advance."



Parents, we want you to:

Encourage and support your child without pressuring.

- 1. Arrive on time, ready for practice and meets.**
- 2. Remember your child is just one member of the Team**
- 3. Help out when asked**
- 4. Model good sportsmanship at all times**
- 5. Address your concerns appropriately (who, when, where)**





Your Role On Your Team



Your Responsibilities to the Team

Understand the basics of the sport

Help your child understand sports' goals & lessons

Teach your child team loyalty

Teach your child his/her responsibilities to team

Trust your child to the coach

Have fun!



Why Is It Always Me?

2%

“Leaders”

5-10%

“Doers”

15-20%

“Do Somethings”

68-78%

“Belongers”



Challenge: Step up one group!



Be An Involved Parent

Be A Timer

Do a Newsletter

Bring
Refreshments

Volunteer to
Chaperone

Help With
Maintenance

Be An Official

Order Team
Equipment

Be the “Dumb
Question Person”

Represent your
club to the LSC

Plan a Banquet,
Picnic or Team
Outing

Serve on the
Board



But Not Too Involved

Are you becoming a pressure parent?

Are you on the “Parking Lot Committee’ or a “Bleacher Creature?”

Remember which one of you is the athlete!

Are you spending all of your time on the Swim Team?

Are you driving the coach crazy?

Has Swimming become your life?



Need further resources?

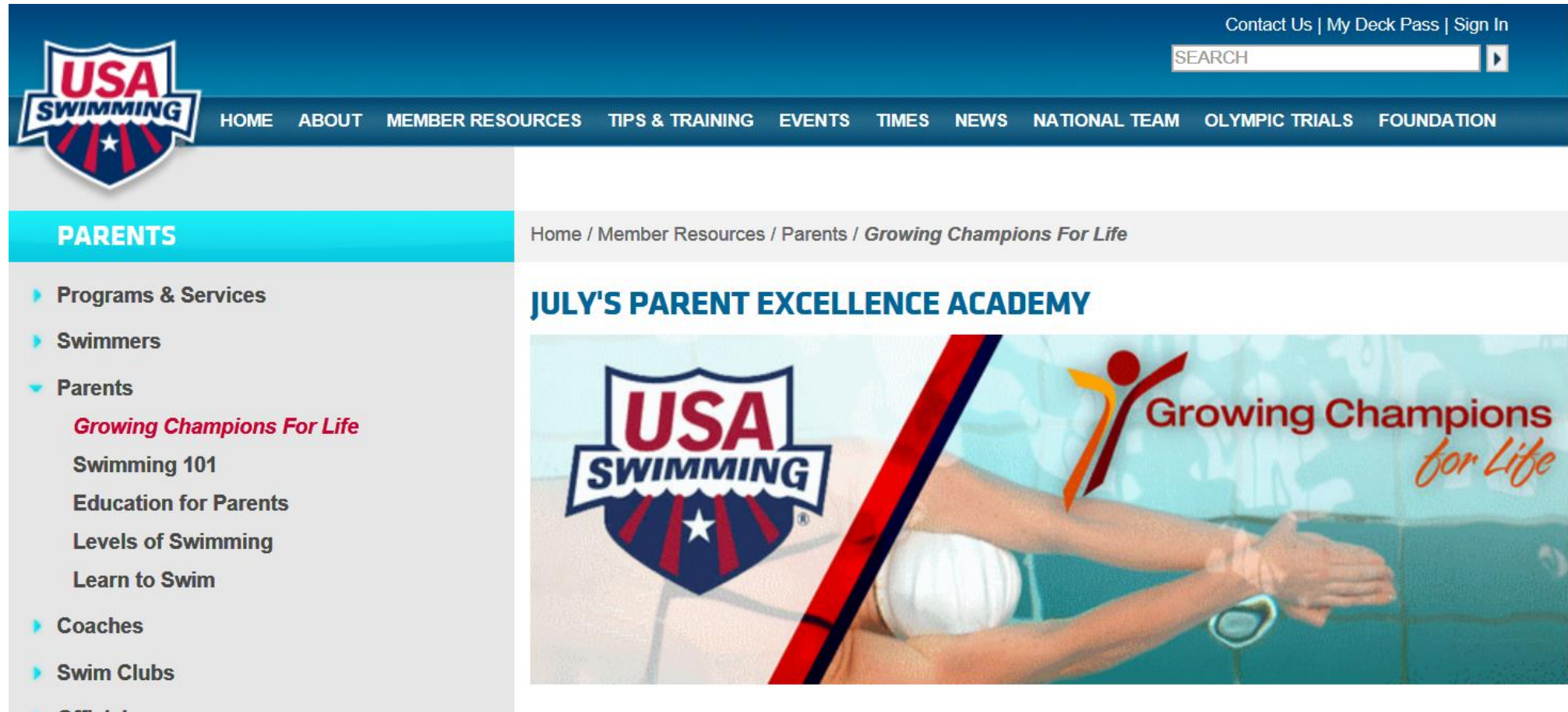
Talk to the coaches

(Follow the “chain of command”)

Talk with other parents who have gone through
the process



Need further resources?



The screenshot shows the USA Swimming website's navigation and content. At the top right, there are links for "Contact Us | My Deck Pass | Sign In" and a search bar with the text "SEARCH" and a play button icon. The main navigation menu includes: HOME, ABOUT, MEMBER RESOURCES, TIPS & TRAINING, EVENTS, TIMES, NEWS, NATIONAL TEAM, OLYMPIC TRIALS, and FOUNDATION. The "PARENTS" section is highlighted in a teal bar. Below it, a list of menu items includes: Programs & Services, Swimmers, Parents (with a dropdown arrow), Coaches, and Swim Clubs. Under the "Parents" dropdown, the following items are listed: *Growing Champions For Life*, Swimming 101, Education for Parents, Levels of Swimming, and Learn to Swim. The main content area features a breadcrumb trail: Home / Member Resources / Parents / *Growing Champions For Life*. Below the breadcrumb is the heading "JULY'S PARENT EXCELLENCE ACADEMY" in blue. The main image shows a swimmer's arms in a pool with the USA Swimming logo on the left, a stylized swimmer icon in the center, and the text "Growing Champions for Life" on the right.

Contact Us | My Deck Pass | Sign In

SEARCH



HOME ABOUT MEMBER RESOURCES TIPS & TRAINING EVENTS TIMES NEWS NATIONAL TEAM OLYMPIC TRIALS FOUNDATION

PARENTS

- ▶ Programs & Services
- ▶ Swimmers
- ▼ Parents
 - Growing Champions For Life*
 - Swimming 101
 - Education for Parents
 - Levels of Swimming
 - Learn to Swim
- ▶ Coaches
- ▶ Swim Clubs

Home / Member Resources / Parents / *Growing Champions For Life*

JULY'S PARENT EXCELLENCE ACADEMY



Growing Champions
for Life



Need Further Resources?

Check out the BRAND NEW Parents Pages at
www.usaswimming.org



In Summary

Kids swim to have fun, be with friends and learn new skills.

Make sure your kids eat colorful foods and stay hydrated!

Over 50% develop after their Junior year in High School.

Parents provide a supportive, loving environment.

Let the coaches do the coaching. Help the team.



And Remember...

Few children will be an Olympian. But, the **life lessons learned from swimming far outweigh any material rewards he or she might receive.** Keep your child involved!

