

The start of each season can be a great time to review rules and procedures to ensure the Coaches, Swimmers, and Parents are all on the same page. Even if you are a returning family, please take a moment to review our team's policies.

Coaching From The Stands (DON'T DO IT!)

Most parents are enthusiastic about their children's sports. However, please let us coach your children. Please do not speak or call out to your swimmer during practice. Additionally, parents should not signal their swimmer during the practice. It is distracting to everyone involved and sends the wrong message to the swimmer(s). *Swimmers should be focused on their practice and their coach for instruction; they should not be focused on you.* Please trust our coaches to guide your children's progress in the sport.

The Pool Deck - Practice

Parents cannot be on the pool deck during practices unless sitting in a designated sitting/viewing area of that facility (bleachers, stands, etc.). At Birchwood, parents must remain in the concessions area and are not to be on the deck. If new swimmers need assistance, parents can walk them onto the deck for the first week of practice. After that point in time, swimmers must independently come onto the pool deck. At no time should a parent be on deck unless it is an emergency. Replacing equipment (goggles or fins) is not an emergency; neither is your child not performing to your expectations. The coaching staff and swimmers can handle these issues. Please do not speak to the coaches (or swimmers!) during the practice, unless it is an emergency. The coaches need to be focused on all the swimmers. If you need to speak to a coach about anything, please wait until after practice, keeping in mind that they may be unavailable if they have further coaching responsibilities.

The Pool Deck - Swim Meets

Parents cannot be on the pool deck unless they are working at the meet in some official capacity. This is the policy at all meets and facilities. It is also a strongly enforced rule by USA Swimming. Swimmers should stay on the pool deck as much as possible with their team. This will help build team unity and help your child develop friendships with their teammates. Learning independence is a good thing!

Coaches at Meets

Given scheduling challenges, there will occasionally be times where your swimmers' lead group coach will not be at a meet session your child is swimming in. The coaching staff communicates with one another to be sure all the swimmers are watched and receive feedback at meets, even if their specific coach is not there. At meets, swimmers will be told which coach they should talk to for feedback about their races. If they are unsure who to talk with, they can ask any coach on deck, and they will tell your swimmer who they should speak to.

Parents at Meets

Please leave coaching at swim meets to the coaches. Encourage your swimmer to sit with their teammates, instead of in the stands with you. Swimmers should speak with their coaches after their races for feedback. Please focus on cheering for your swimmers and our entire team. If you would like to be closer to the action, please think about become an official and volunteer on deck.

Questions About What's Going On

Please take the time to read email communications and attend parent meetings. If you have additional questions, please email your lead coach. They can either answer questions via email or set up a time to speak with you over the phone or in person.

Thank you for your support!