

Our Point of View

- Mark High School Business Teacher
Cross Country and Track Coach
Distance Runner, Indiana State Univ.
- Ginny Middle School Engineering Teacher
HS and AG Swim Coach
Swimmer, Illinois State Univ., E.K.U

Swim Parent Survival Guide

Mark and Ginny King

Senior/National Level

- Still Fun!
- Change from age group
- Handling changes in pressure
- Learning from travel, rest, leisure
- Stress management with school, peers, swim
- Accountability & communication
- Nothing in swimming should be make or break

Tale of Two Swimmers

Lilly King, Indiana University

- Began swimming at 7
- Swimming was always #1
- Played other sports
- 15-16 NAG Record, USA National team at 17
- 2 Time Olympic Gold, 5 World Records

Alex King, University of Michigan

- Learned to swim at 11
- Did not swim year round until age 18
- Music Performance Major
- 2018 USA Swimming National Qualifier
- NCAA HM Academic Achievement

Age Group

- Have fun
- Skill Development is more important than times
- Don't over-emphasize racing
- To compete is a learning process
- Learn from DQs
- Learn good sportsmanship characteristics
- Encourage good communication between swimmer and coach
- Remember this is a YOUTH sport
- Learn from failure & success
- Time to build good work habits
- It's not about the suit
- Celebrate your time together

Tricks of the Trade

- Goal is to raise happy, healthy kids
- Swimming is a process, don't expect overnight results
- Respect your child and their desires
- Be realistic
- Build good habits that will translate to adulthood
- Parents have to learn to deal with success and failure as much as kids do

Early Years

- Family Life
- Sibling Needs and Interests
- Fun
- Skill Development-Lessons
- Building Team skills
- Encourage Other Activities
- Play, Play, Play

At EVERY Stage

Good Nutrition & Good Sleep Habits

Cornerstone Beliefs

Patience--Plenty of time for all that

Persistence--It's the hard days that make you better

Perspective --If we don't make a big deal out of a situation, they won't make a big deal out of it

College & Recruiting

- Is this what your child wants?
- College swimming is HARD, but also wonderful
- Different levels of college programs
- Scholarship offers don't ensure your child's success or happiness
- Be realistic about goals, outcomes
- Research the program & coaches
- Make a priority list
- College choices are not always final