

Parents,

As a swim parent who wants the best for their swimmer, we all know that it can be difficult walking the fine line between being too involved or being too aloof with our swimmer's performance. BUT ... research continues to show that a relaxed, hands-off approach allows athletes to take ownership of their sport is best for creating an environment where they will not only have more fun but also excel both in the short and long term.

We try our best at swim parenting and never want to be the reason our kids get stressed or want to quit. We'll make mistakes along the way but just like our swimmers, it's a process, we learn and continue to grow.

Swimming allows our athletes to grow and develop unbelievable life skills: goal setting, time management and a great work ethic. So, relax, sit back and enjoy the most amazing sporting experience as a parent we've been granted.

- Matt

#roadrunnersracing #roadrunnerway #hwp0

What Should Our Swimmers Expect From You?

- Unconditional Love
- Open Ears
- Emotional control
- Trust

"Enjoy the journey and say proudly ... I LOVED WATCHING YOU RACE!!!"

Meet Day Tips:

- Be encouraging supportive and positive for your swimmers. Let the coaches provide the constructive feedback.
- Time is a great metric for improvement, but its not the only thing coaches are looking for. Technique, legal turns, EFFORT (!!!) and many other factors are also being evaluated.
- After the meet is the best time to ask your swimmers coach any questions about performance (not during the meet).
- Time on the scoreboard / Meet Mobile are not considered official until the meet is over.
- Make sure your swimmer gets a healthy breakfast/meal before getting to the pool. Please see picture and definitely check SWIMSTRONG DRYLAND (login: EyezOnParis), they have a lot of nutrition info.
- Bring an extra pair of clothes that will get wet through the day but will keep your swimmer warm while waiting for events.
- YOU NEED TO TAKE WATER, better to have too much water than not enough.

Parents and Caretakers, some things our coaches are looking for:

- Your swimmer is enjoying his/her friends.
- Your swimmer showing some self – responsibility in preparation for meets.
- Your swimmer learning to LOVE the process / challenge.
- Your swimmer demonstrating what they have learned in terms of swimming technique, dives, starts turns finishes, underwaters etc etc etc.
- Your swimmer will make mistakes.
- Your swimmer showing a sense of Team by cheering for fellow teammates. - #roadrunnerway

