**KEEP YOUR CHILD’S DEVELOPMENT IN PROPER PERSPECTIVE.   
  
  
1.  The goal of the coaching staff is to build character, self-esteem, teach goal setting and self-discipline, as well as develop fast swimmers. Your support of these values is crucial to the success of your swimmer.**

**2.  The development of your child is comprised of a progression of attitude, technique, and speed, which may take up to 15 years to realize. You must be patient and remember that all swimmers learn at different rates. Your swimmers’ progress will be determined by the mastery of the fundamentals taught at each level.**

**3.  Swimmers at a young age and with less experience tend to progress faster than swimmers that are older and have been around for a while. Swimmers may worsen their times when learning new techniques until they become habits. Be supportive and patient during this process.**

**4.  All swimmers will hit plateaus in both competition and training. Some last days, and some, in case of very accomplished athletes, last months. The most successful athlete will work through these temporary delays and make great strides toward their personal potential.**

**5.  Swimmers will be subjected to new stress levels both physically and mentally. It is important to adapt to these new levels, not to work around them. Swimmers and parents must learn to handle the disappointments and discomfort that goes with the stress.**

**6.  Competition is about striving for excellence and improving, not winning. Winning is the byproduct of these values and is temporary. There are always some swimmers that are faster. The real competition is within each individual to strive for his or her potential.**

**7.  Questions about your swimmers training, or team policies should be directed to the coaching staff on phone or in person. Criticizing the coach or team in front of swimmers or others, directly undermines the coach’s authority and ability to help your children reach their potential.**

**8.  Communication between the coach and swimmer is important and must exist at every practice and meet. It is important that the coach has your child’s full attention at all times. You are asked not to watch practice, or distract the coaching staff from their duties at these times. All questions and comments can be addresses before or after these times.**

**9.  No parent should behave in such a manner as to bring discredit to the child, the team, or  
competitive swimming. Any disagreements with meet officials, other parents, or swimmers, should be brought to the attention of the coach, and handled by the coach.**