

August 1, 2011

News for Swim Parents

Published by The American Swimming Coaches Association 5101 NW 21 Ave., Suite 200 Fort Lauderdale FL 33309

Please send comments or subscription requests to news@swimmingcoach.org

“But It’s Only a Relay”

Guy Edson, ASCA Staff

This is an article about false assumptions. The coach assumes all relay eligible swimmers will be available for the LSC championship meet. The parent assumes that because their child didn’t make any individual cuts their season is over the week before the LSC champs and plans a family vacation. Opps.

This is an article about planning. Coaches plan the season with the end in mind and a common goal is to place as high as possible in the LSC championship meet. Workouts and progressions are designed to prepare age group swimmers for this important meet and relays are a very important part of scoring since they are worth twice the points as individual events. In addition to the scoring aspect, team building and the experienced gained by relay only swimmers are important as well. We like to see parents plan for the end of season meets accordingly as well.

This is also an article on communication. Coaches communicate the importance of the end of season meets from the very beginning of the season and parents would be wise in checking with the coach throughout the season as to the possibility of their child swimming at the LSC championship meet, whether in individual events or relays only.

Relays give relay-only swimmers an opportunity to prepare for the end of season meet along side of their friends. Relays give them a greater sense of belonging to the team and contributing to team goals. Relays give the relay-only swimmer a chance for a “best time” at the end of the season and a chance for a medal or ribbon they might not otherwise have an opportunity for. Relays inspire swimmers to come back the next season as an individual events swimmer. And, relays are simply fun.

All the extra arrangements for the relay only swimmer; all the waiting around; and all the extra expense... is it worth it?

You bet!

**Age Group National Swimming
Achievement Awards Program**
A 25 year proven winner!

