



WEST SWIM TEAM PARENT COACHING POLICY

Swimming is a demanding sport; our season is year-round with careers lasting upwards of 18 years. We believe swimming is a sport for life and, if desired, we hope our swimmers continue through and after college. To be truly successful in the sport, swimmers must develop and maintain an intrinsic love of the water. All WEST coaches still swim today and most of us have competed in US Masters Swimming!

Our published [Parent Guidance](#) on the website explains the Swimmer Support Triangle and defines the roles of Coach, Swimmer and Parent. If there is crossover or blurred lines between these roles, it causes confusion for the swimmer which leads to increased stress and decreased satisfaction. Long-term, it usually leads to burnout and can be detrimental to the athlete's mental health.

Beyond the athlete-centric reasons against Parent Coaching there is a legal liability that often gets dismissed or overlooked. Our insurance policy only covers WEST employed coaches while they are working in the capacity of West Coast Aquatics. Any non-WEST employee giving instruction either to another WEST member or on WEST property presents a significant risk both to those individuals and our organization.

What does Parent Coaching look like?

- Having your child to study technique at home, separate from what WEST coaches send out
- Giving your child technique suggestions
- Rewarding them for time drops
- Punishing them or being mad for "poor" performances

How can I support my child and take an interest in their swimming career?

- Volunteer
- Be consistent. Regardless of performance, make sure your swimmer knows you love and support them.
- Engage with them when talking about swimming, but let them lead the conversation
- Praise effort and other values (ex. sportsmanship, kindness) over performance

If we want to attend Lap Swim, what is allowed?

- Parents must remain on the bench side of the pool and should not cross the white line
- Parents may video record their child's stroke at their request, but the child should review it on their own and without feedback

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What is not allowed?

- Parents may not sit at the end of the lanes
- Parents may not walk up and down the pool deck
- Parents may not give swimmers any instruction or technical feedback
- Parents may not retrieve training equipment for their child, swimmers should get themselves any gear they wish to use

What do we recommend?

- Have fun! Swim and play in the water with your kids
- Communicate with us - If you feel something is lacking or your child is struggling in an area, reach out to their coach
- Swimmers should be getting all they need to be successful by attending practice. However, if your swimmer wishes to work on something specific, you may set up a private lesson with their coach