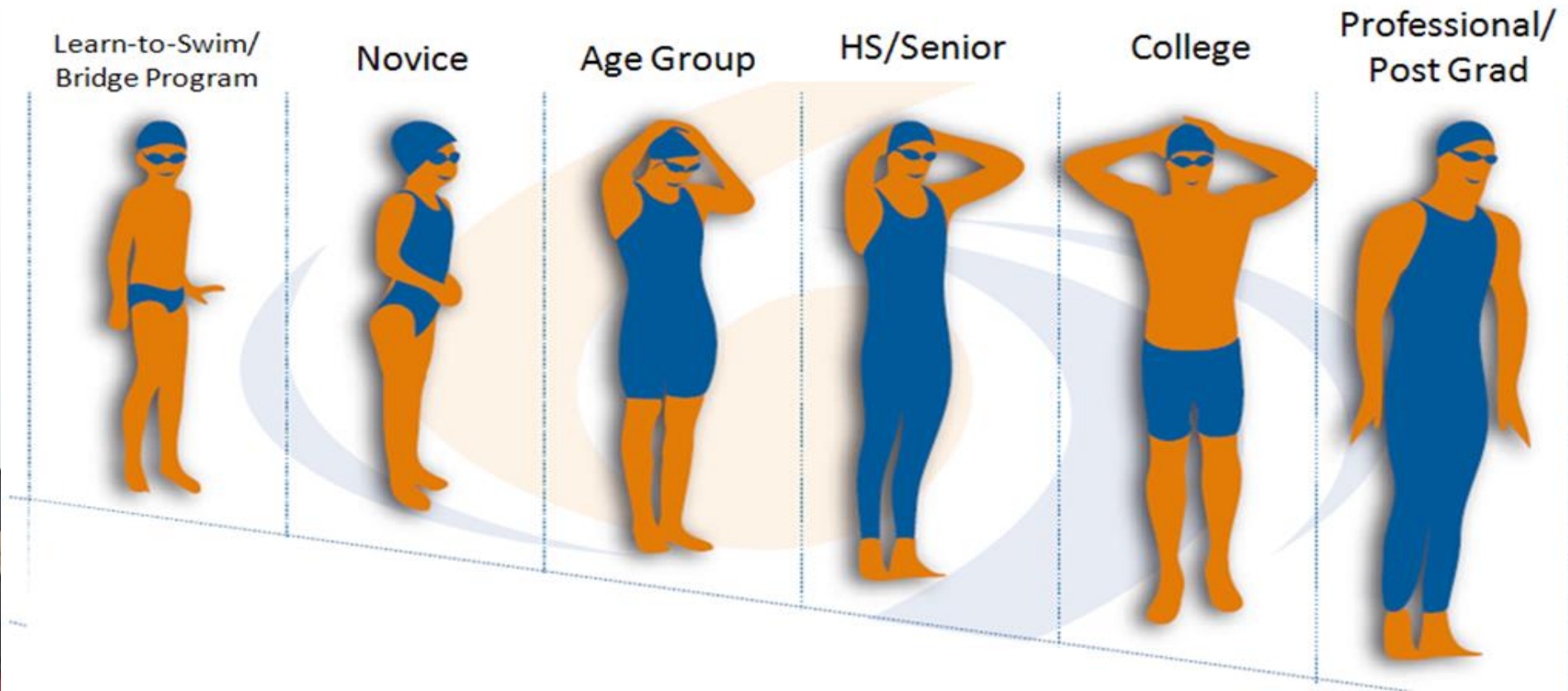




Swim Parents' Workshop

Growth, Development & Perspective





Mark Hesse

Sport Performance Consultant



With USA Swimming since July 2012

28 year coaching career – all levels & all types of teams

Coached Olympic Trials Semi-Finalists & on National Junior Team

American Swimming Coaches Association Level 5 Certified Coach

Tennis, swim, dance, cross country & band dad



Your #1 Responsibility as a Swim Parent...

Is to provide a stable, loving & supportive environment for your child, keep it fun & reinforce sport values.





What Do Swimmers Want from Mom & Dad?

Your presence

Your support

Your LOVE

Don't criticize or critique or coach





A mom is making eggs for her teenage boy for breakfast, as he walks in.

"Mom, don't burn them! Careful ! Careful ! Don't mess up, don't let them burn. You are going to mess up. Be careful ! CAREFUL!

Finally the mom snaps.

"I know what to do. I've cooked eggs before!"

"I know Mom, I was just trying to show you what it's like when I am playing soccer."

Unknown

WEGOTPLAYERS



What can a parent do?

FUN, ENJOYMENT & LONG-TERM INDIVIDUAL IMPROVEMENT > winning and losing

Learn about, focus on and respect the **PROCESS**
– Recognize skill improvement, small victories & the value of “failure”

Take charge of ‘Hidden’ Training

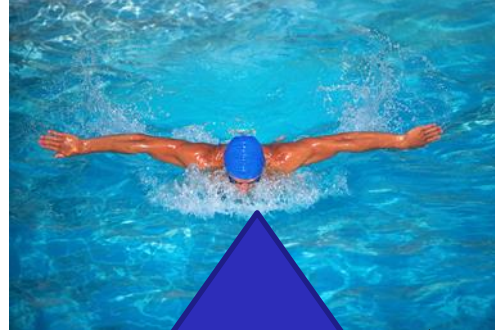


Keep Things Balanced

- ✓ Family
- ✓ Church
- ✓ Studies
- ✓ Friends
- ✓ Other Activities



The Triangle



*Instruction, Challenge
& Feedback*

Encouragement & Support



Communication



Coach's Role:

Connect to the athletes

Design & implement a program that challenges the athletes

Give guidance and teach the skills to overcome the challenges

Inspire the athletes

Inform the parents





"Coach,

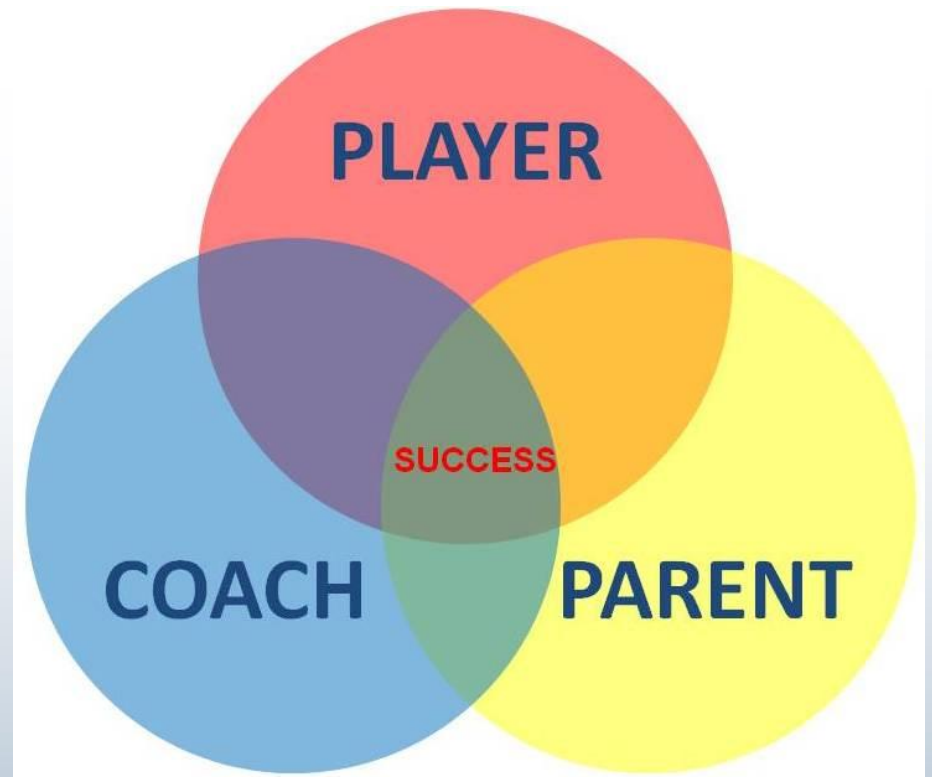
What is the long-term or seasonal athlete development plan?

How is my child doing?

What meets should my child swim in?

What events should my child swim in?

What can I do to help?





Communicating With A Coach

Please remember that you & the coach both have your child's best interest at heart.

Coaches must balance your perspective of what is best for your child with the needs of the whole team and/or training group.

Bring your concerns to the coach at an appropriate time & place

If your child swims for an assistant coach always discuss the matter first with that coach.

If another parent uses you as a sounding board, listen but encourage him/her to speak with a coach.

The Triangle

Mistrust & Rumors



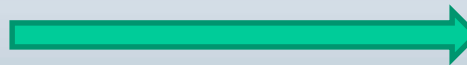
Expectations & Criticism

Expectations & Criticism



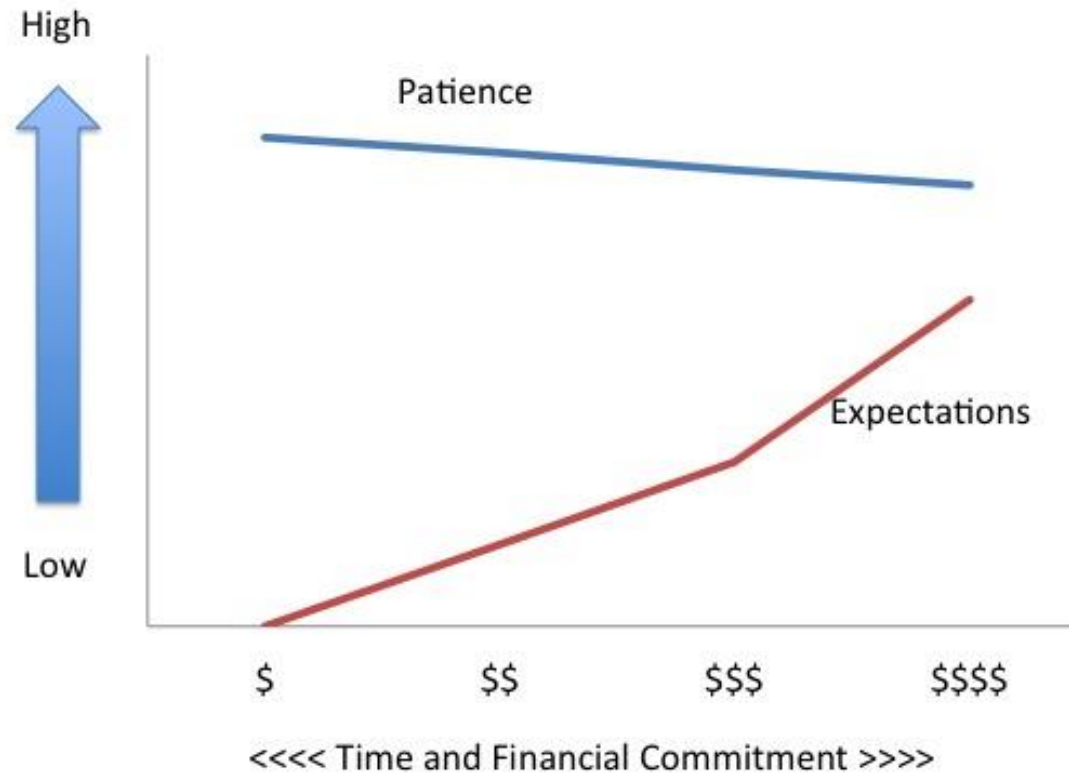


Key To Being a Great Sport Parent





Patience vs. Expectations: What it Should Look Like



Understanding Growth and Development

There is a predictable pattern of physical growth but the rate of growth varies



Biological Age = Chronological Age +/- 2.5 years



The Living Truth





How does this influence performance?

Coordination

Motivation

Flexibility

Reaction Time

Balance

Endurance

Body Composition

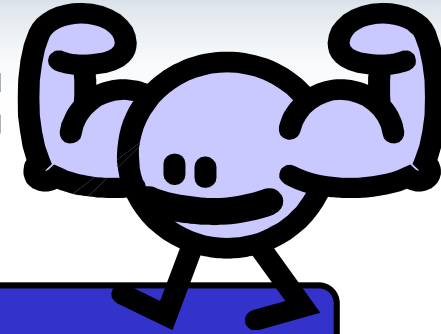
Self-Esteem

Strength





Early Maturers May:



Experience significant early success

Receive excessive recognition

Develop poor practice habits

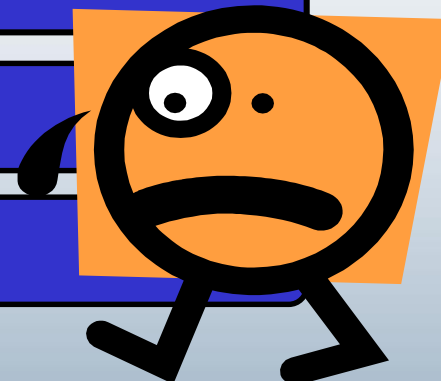
Become frustrated with plateaus/less success later

Late Maturers May:

Have a low perceived competence level

Be discouraged by lack of recognition

Quit too soon





Early Success – No Guarantee

Ranked Top 16 (10) as a:

10 & Under	Still Ranked as 17-18	11%
11-12	Still Ranked as 17-18	21%
13-14	Still Ranked as 17-18	36%
15-16	Still Ranked as 17-18	48%

Moral of the story:

A 10 & Under wonder can survive and thrive...
But 50% of the top swimmers develop after Sophomore/Junior
Year in High School!

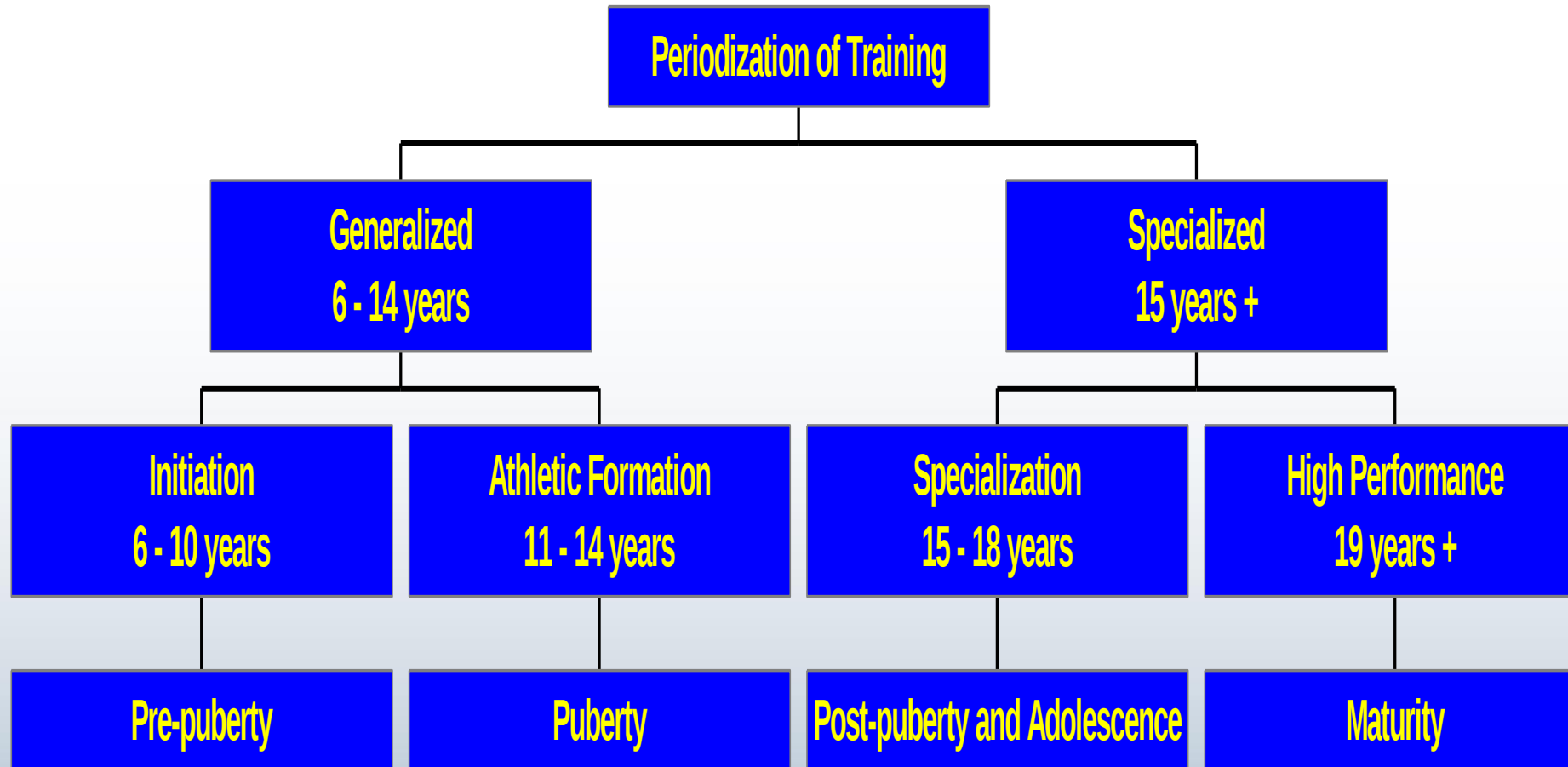


SCY Achievements	National - Female			National - Male		
	Avg Age at Achievement	Avg Time to Achieve	Sample Size	Avg Age at Achievement	Avg Time to Achieve	Sample Size
2015 Summer Nationals (LCM)	19.22	9y 9m 25d	870	20.27	9y 3m 29d	1,154
2015 Summer Juniors (LCM)	17.44	7y 1m 8d	6,769	18.21	7y 2m 22d	10,838
Winter Nationals (SCY)	17.81	8y 7m 24d	7,065	18.88	8y 6m 18d	7,431
Winter Juniors (SCY)	18.21	9y 1m 7d	5,300	18.48	8y 4m 8d	10,004
"AAAA"	13.91	5y 0m 15d	28,764	14.98	5y 2m 25d	27,564
"AAA"	13.27	4y 5m 24d	61,531	14.38	4y 7m 2d	58,274
"AA"	12.70	3y 10m 13d	104,288	13.79	3y 11m 8d	91,903
"A"	12.40	3y 5m 24d	141,228	13.43	3y 6m 8d	117,622
"BB"	11.57	2y 5m 15d	248,565	12.40	2y 6m 0d	184,084
"B"	10.91	1y 8m 27d	324,188	11.49	1y 9m 13d	227,223

Average ages and years of practice to achieve level of qualifying time

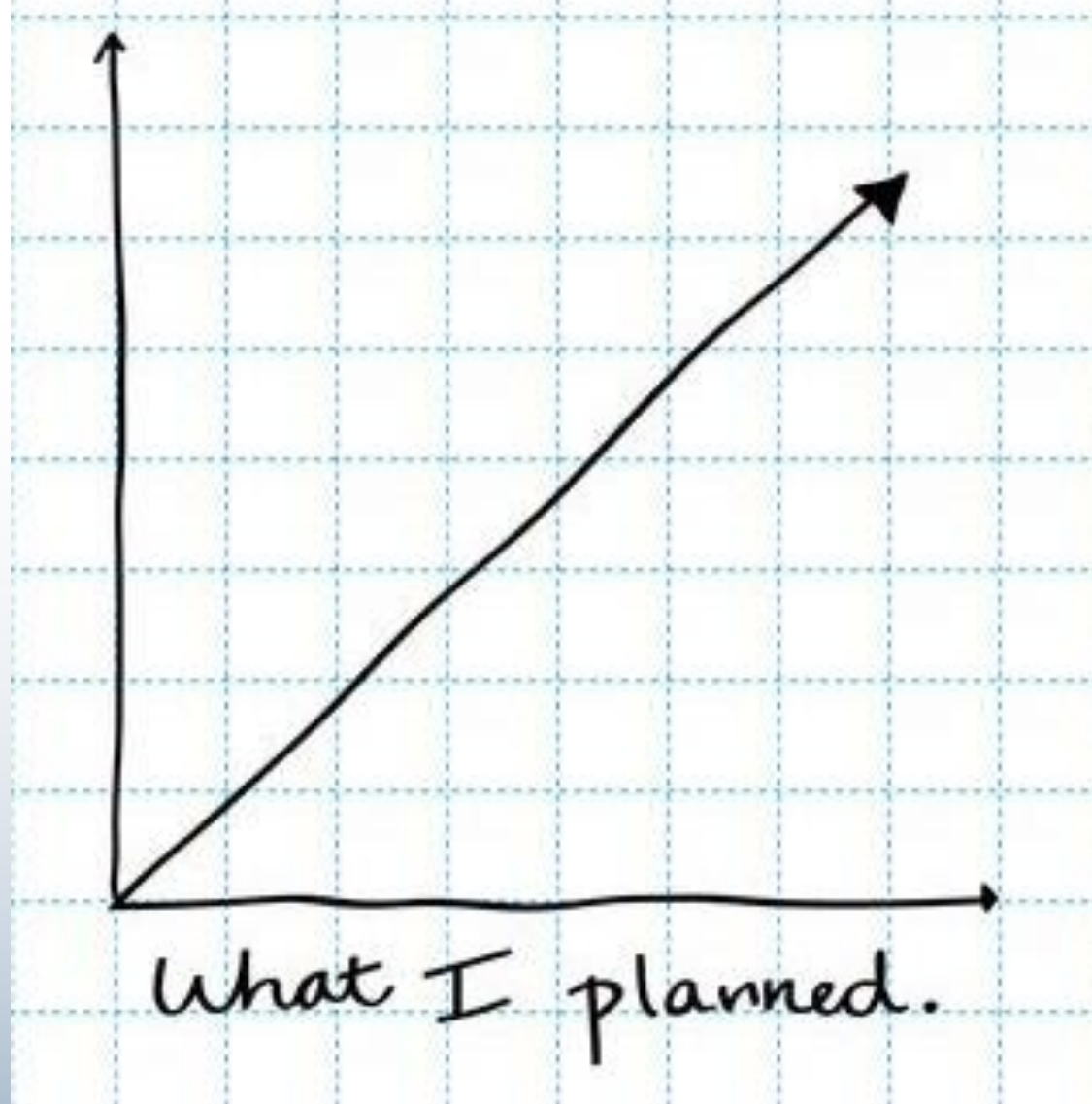


Long-Term Athlete Development



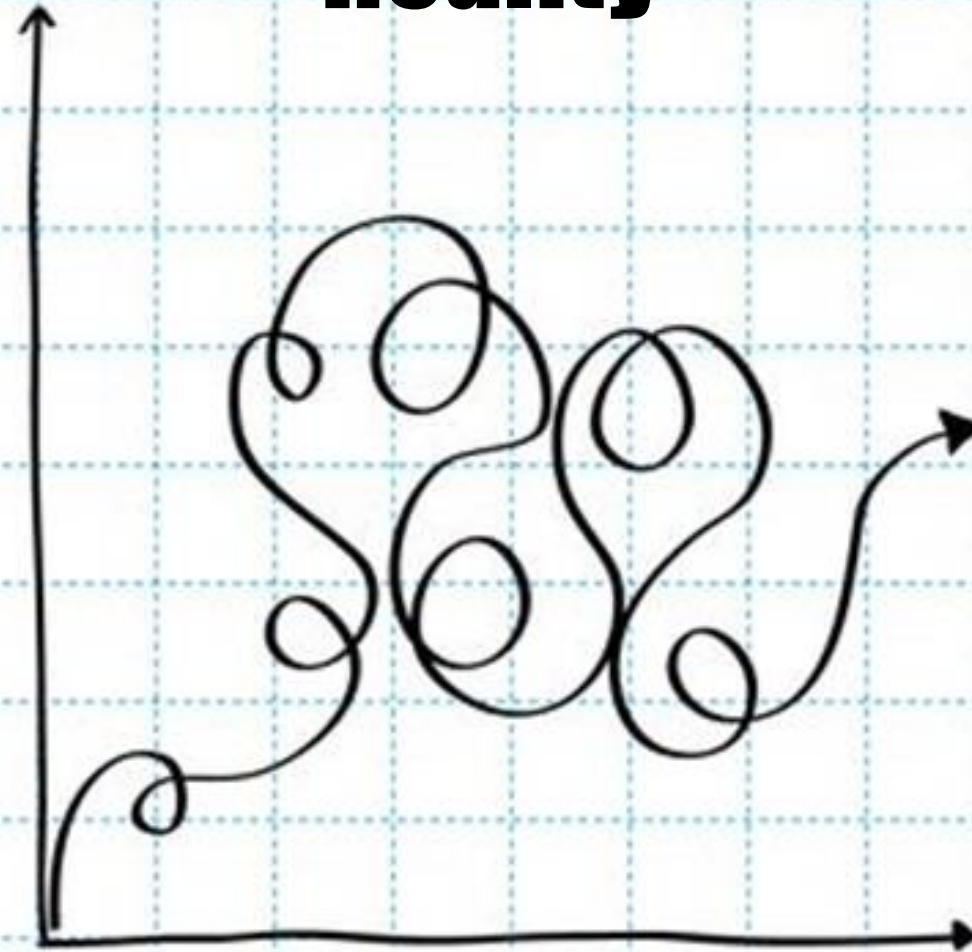


Understand The “Process”





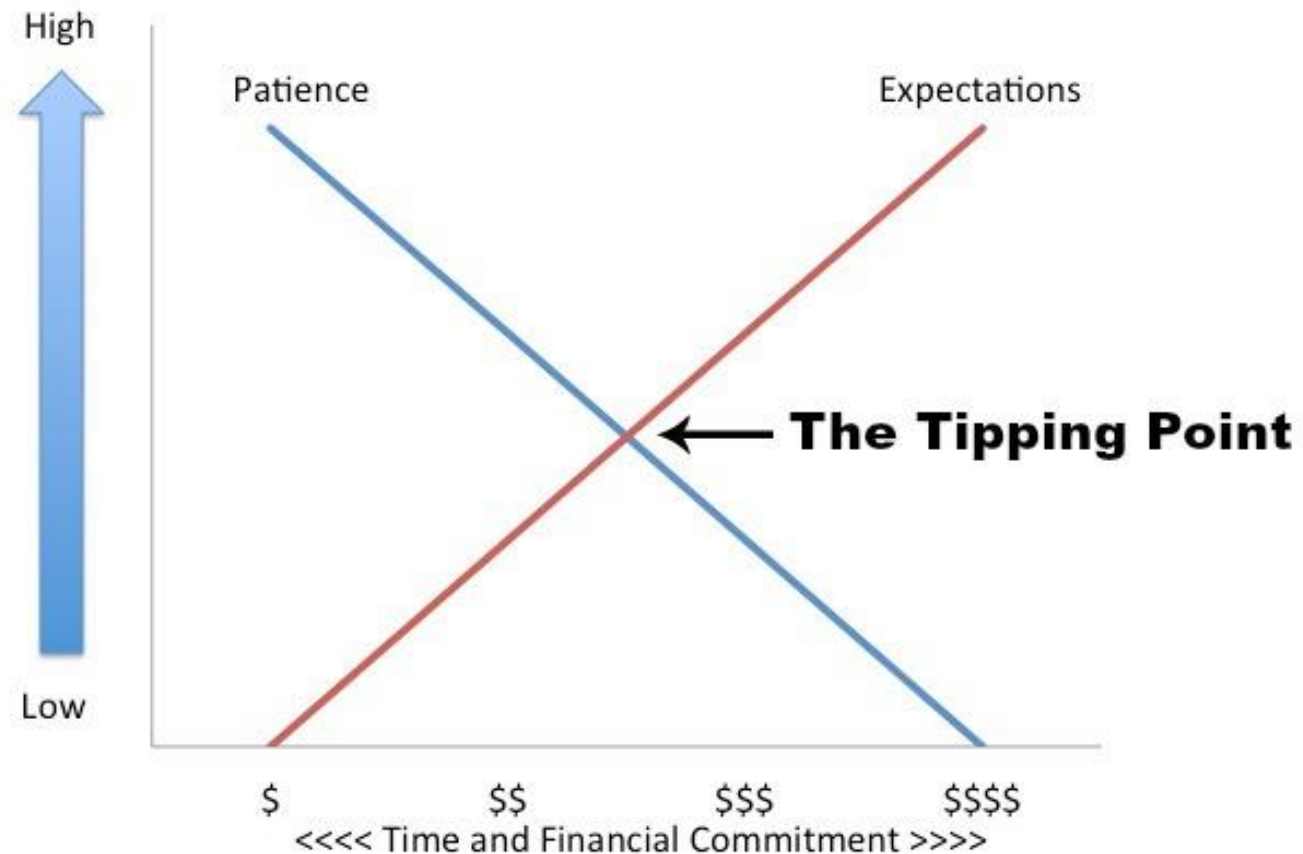
Reality



what happened.

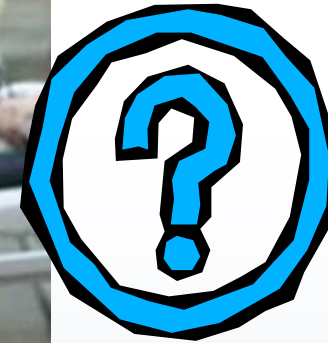


Patience vs. Expectations in Sport



So This Happens

1. Is winning more important to you than it is to your child?
2. Is your disappointment obvious?
3. Do you try to “psych-up” your child?
4. Do you let your child know how much you sacrifice so he/she can swim?
5. Do you feel you have to force your child to practice?
6. Do you ever think you could do better coaching your child?
7. Do you ever dislike your child’s rival or the rival’s parent?
8. Are your child’s goals actually your goals for your child?
9. Do you provide material rewards for performance?
10. Do you conduct post mortems on the way home?





Parent Stressors

1. Logistics – Balancing schedules
2. Athlete Development – Are they improving?
3. Family Time
4. Child/Parent Expectations vs. Outcomes
5. Sport Time Commitment



Helping Your Child at Practice



Do

Encourage “have fun, be safe, play smart”

Encourage child to be self-reliant

Interrupt practice only in emergency

Ask if he had fun, learned anything new

Listen to feelings your child expresses

Don't

Signal or yell to your child

Distract your child from the coach

Offer to fix equipment

Speak to the coach during practice except in an emergency

Insist on watching practice



Talking With A Child After A Race

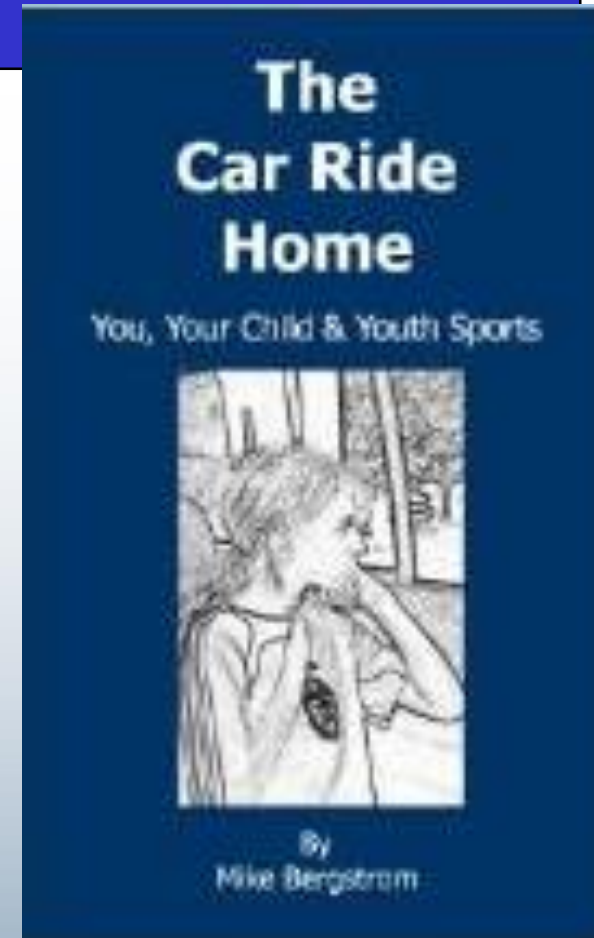
"In the moments after a race, win or lose, best time or :10 slower, kids desire space. They make a rapid transition from athlete back to child."





The Bad...

"What is your worst memory from playing youth and high school sports?"





Your #1 Responsibility as a Swim Parent...

Is to provide a stable, loving & supportive environment for your child, keep it fun & reinforce sport values.





After a “poor” swim, ask/say:

“What did the coach say?”

“Well, remember to work on that in practice with your coach.”

“I liked ____.” (your effort, your start, turn, stroke – SOMETHING POSITIVE!)

“I am disappointed FOR you.” (not in you or your performance).”

“That’s not like you. I’m sure you will do better next time.”

“At least you learned something, so that makes it a successful swim.”

“I love watching you race. I love you!”

“Be sure to drink lots of water.”



After a “great” swim, ask/say:

“What did the coach say?”

“Well, remember to work on that in practice with your coach.”

“I liked ____.” (your effort, your start, turn, stroke – SOMETHING POSITIVE!)

“I am excited FOR YOU.”

“That’s awesome.”

“You learned something, so that makes it a successful swim.”

“I love watching you race. I love you!”

“Be sure to drink lots of water.”



The Good...

SAY THOSE THINGS AND MEAN THEM!

"What did your parents say that made you feel great, that amplified your joy during and after a ballgame?"

"I love to watch
you play."





Goal Setting:

Encourage dreams

Challenging, **realistic** short-term goals focused on *PROCESS* rather than *OUTCOME*

Reinforce coach's emphasis





Process vs. Outcome

Showing Up to Compete

Focus is on the 'little things'

Controllable

Calm & relaxed athlete

Confidence

Free to race

Showing Up to Win

Focus is on outcome & results

Uncontrollable

Tense, tight & tentative athlete

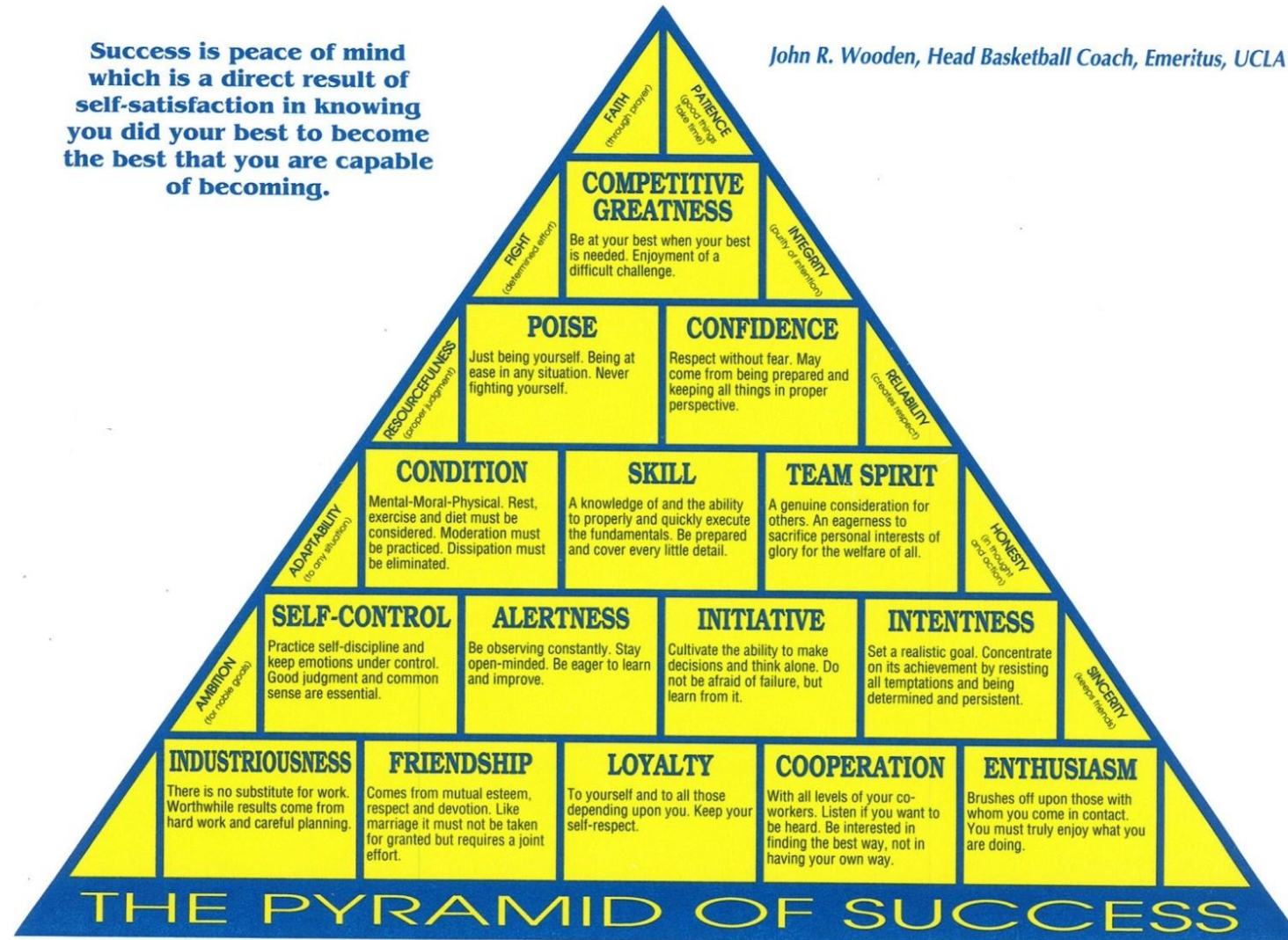
Self Doubt

Poor performance

VALUES

Success is peace of mind
which is a direct result of
self-satisfaction in knowing
you did your best to become
the best that you are capable
of becoming.

John R. Wooden, Head Basketball Coach, Emeritus, UCLA



Embrace Failure

We learn best when we are uncomfortable. It is the times when we 'don't get it' that we are learning the most





Cultivate GRIT

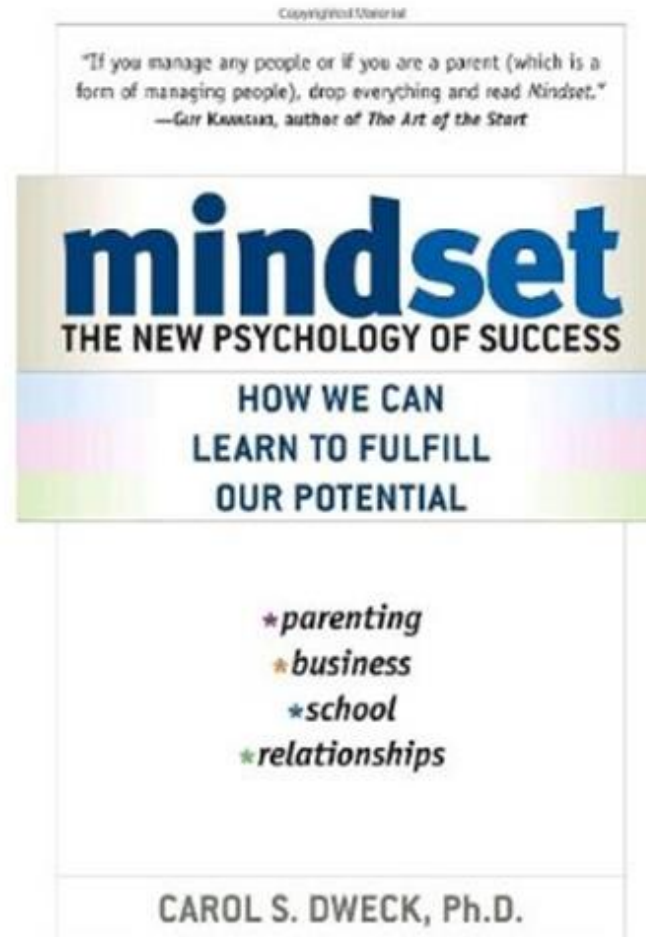
"She hates to fail but isn't afraid to..."

-Coach Bruce Gemmell





'GROWTH' MINDSET



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"If you manage any people or if you are a parent (which is a form of managing people), drop everything and read *Mindset*."
—GUY KAWASAKI, author of *The Art of the Start*

mindset THE NEW PSYCHOLOGY OF SUCCESS

HOW WE CAN
LEARN TO FULFILL
OUR POTENTIAL

*parenting
*business
*school
*relationships

CAROL S. DWECK, Ph.D.

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Member Resources: Parents

This is a screenshot of the USA Swimming website, specifically the "Parent Resources" section. The browser window shows the URL <http://www.usaswimming.org/DesktopDefault.aspx?TabId=1503&AI>. The website has a blue header with the USA Swimming logo and navigation links: HOME, ABOUT, MEMBER RESOURCES, TIPS & TRAINING, EVENTS, TIMES, NEWS, NATIONAL TEAM, OLYMPIC TRIALS, and FOUNDATION. A search bar is also present. The main content area is titled "PARENTS" and includes a sidebar with links to Programs & Services, Swimmers, Parents (highlighted), Coaches, Swim Clubs, Officials, Governance & LSCs, and Volunteers. The "Parents" section lists resources like "Growing Champions For Life", "Swimming 101", "Education for Parents", "Levels of Swimming", and "Learn to Swim". The main content area features a large image of a swimmer being assisted by a coach, followed by the "GROWING CHAMPIONS FOR LIFE" announcement, a "LEARN MORE" link, the "BENEFITS OF SWIMMING" section, and the "FEATURED PAGE FREE TRAINING FOR PARENTS" section. The footer shows the date and time as 12:20 PM on 9/4/2014.

USA SWIMMING

CONTACT US • MY DECK PASS • SIGN IN

SEARCH

HOME ABOUT MEMBER RESOURCES TIPS & TRAINING EVENTS TIMES NEWS NATIONAL TEAM OLYMPIC TRIALS FOUNDATION

PARENTS

- Programs & Services
- Swimmers
- Parents**
 - Growing Champions For Life
 - Swimming 101
 - Education for Parents
 - Levels of Swimming
 - Learn to Swim
- Coaches
- Swim Clubs
- Officials
- Governance & LSCs
- Volunteers

Home / Member Resources / Parents

GROWING CHAMPIONS FOR LIFE

We are excited to announce a special relationship with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes.

[LEARN MORE](#)

BENEFITS OF SWIMMING

While winning is nice and setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than, "It is great to swim fast." There are many benefits to the sport of swimming. Find out what they are. [Click here.](#)

FEATURED PAGE

FREE TRAINING FOR PARENTS

The USA Swimming Safe Sport Program is proud to offer free athlete protection

12:20 PM
9/4/2014



Growing Champions For Life

A screenshot of a web browser displaying the USA Swimming website. The browser's address bar shows the URL "http://www.usaswimming.org/DesktopDefault.aspx?TabId=2580&AI". The website's header features the USA Swimming logo and a navigation menu with links: HOME, ABOUT, MEMBER RESOURCES, TIPS & TRAINING, EVENTS, TIMES, NEWS, NATIONAL TEAM, OLYMPIC TRIALS, and FOUNDATION. A search bar is located in the top right corner. The main content area is titled "PARENTS" and includes a list of links: Programs & Services, Swimmers, Parents (with a sub-link for "Growing Champions For Life"), Coaches, Swim Clubs, Officials, Governance & LSCs, and Volunteers. The "Growing Champions For Life" section is highlighted, featuring a banner image of a swimmer's arms and the text "SEPTEMBER PARENT EXCELLENCE ACADEMY". Below the banner, the text reads: "USA SWIMMING PARTNERS WITH GROWING CHAMPIONS FOR LIFE. We are excited to announce a special relationship with Growing Champions for Life, an organization dedicated to creating cohesive families and principle-centered athletes who win at life, not just sports. You will have access to inspirational videos, educational webinars, interesting articles and informative newsletters right here in our web site. Each month you will find fresh new resources listed below. These programs are a perfect fit for our commitment to positive sport families and healthy athlete development at every level." The browser's taskbar at the bottom shows the Windows logo, several application icons, and the system clock indicating 12:18 PM on 9/4/2014.

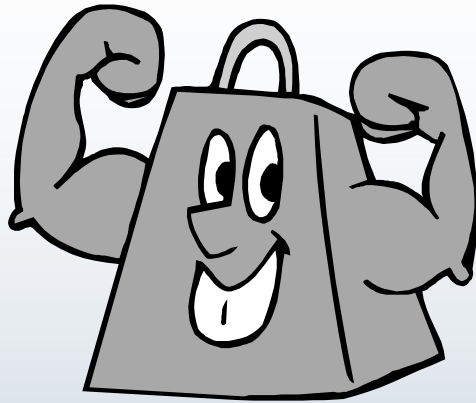


Need further resources?

- Talk to the coach
- www.changingthegameproject.com
- www.USADA.org TrueSport
- Talk with other parents who have gone through the process



Importance of 'Hidden' Training



“Compete in the Kitchen”

“The 24/7/365 Athlete”

The Basics



5-6 Small meals/snacks per day

Carbohydrates are king! They replenish glycogen for energy in the muscles and brain

Protein is needed to build muscle but is not a source of energy

Ideal Swimmer's Diet

High in carbohydrates (~60%)

Moderate in protein (~15%)

Limited amount of fat ($\leq 25\%$)



Nutrition Foundations...



Eat a variety of foods from all food groups



Eat colorful foods (5 on your plate)
...including *recovery*



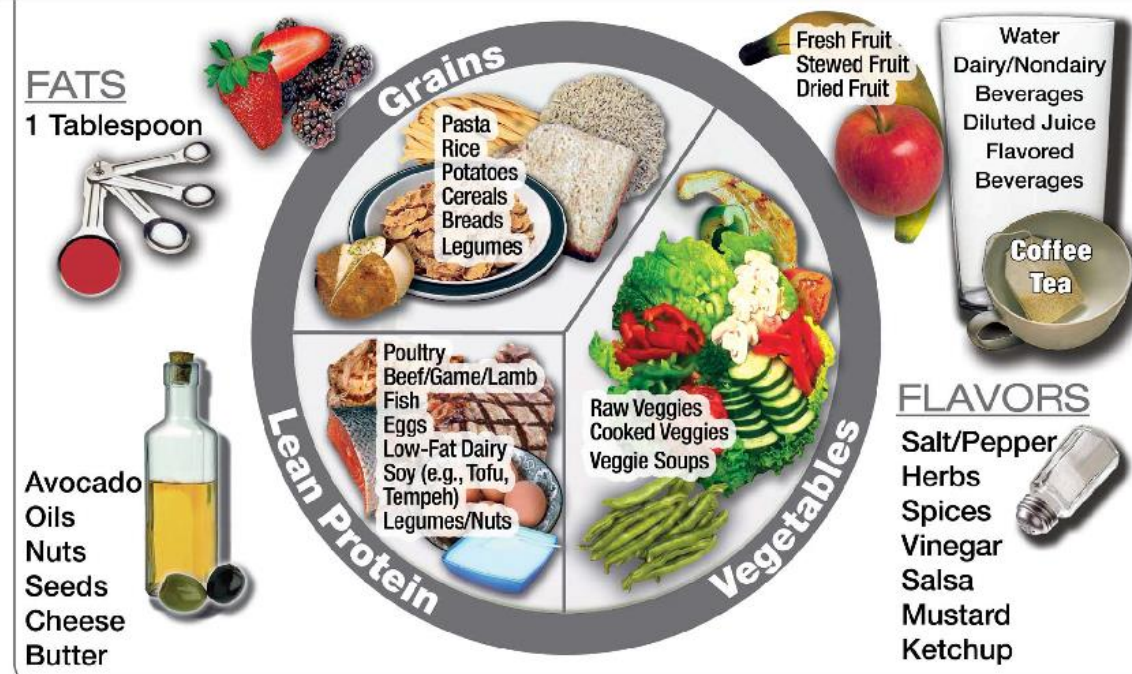
Eat early and often
...including *recovery*



Drink early & often
...including *recovery*

ATHLETE'S PLATE

MODERATE TRAINING:

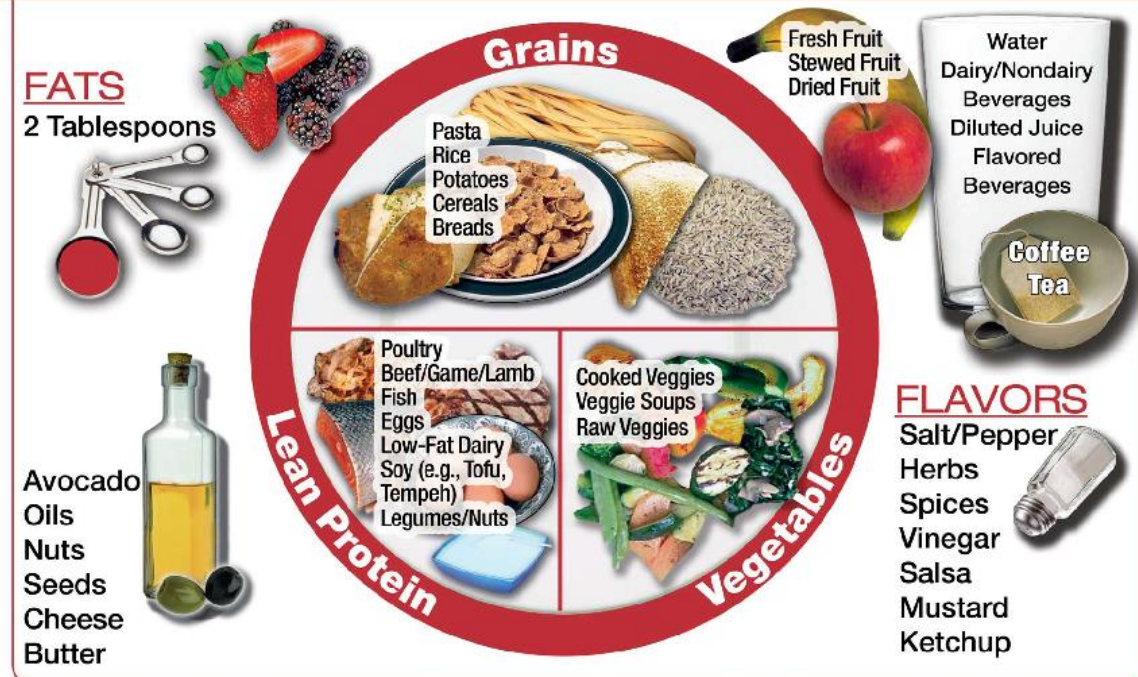


The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCCS) Sport Nutrition Graduate Program.

For educational use only. Print and use front and back as 1 handout.

ATHLETE'S PLATE

HARD TRAINING / RACE DAY:



SPORTS NUTRITION PYRAMID



A GUIDE TO DAILY FOOD CHOICES FOR ACTIVE PEOPLE



Dietary Supplements

Vitamins, minerals, herbals, energy drinks, shakes, etc.

Can be harmful to your body & **current/future** health

Products are not magic potions/pills!

Sleep

Healthy eating

Training

Hard work

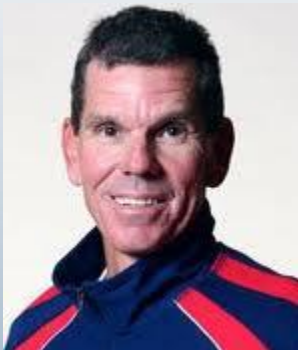


Consult your coach prior to taking any dietary supplement



Supplements for Kids?

“There is no place in the sport of swimming, for our children, to be using sports-supplements which are clearly intended for adults. They aren’t made for kids, they may not be safe in the first place, and the potential for great harm is present.”



*- Frank Busch
USA Swimming National Team Director*

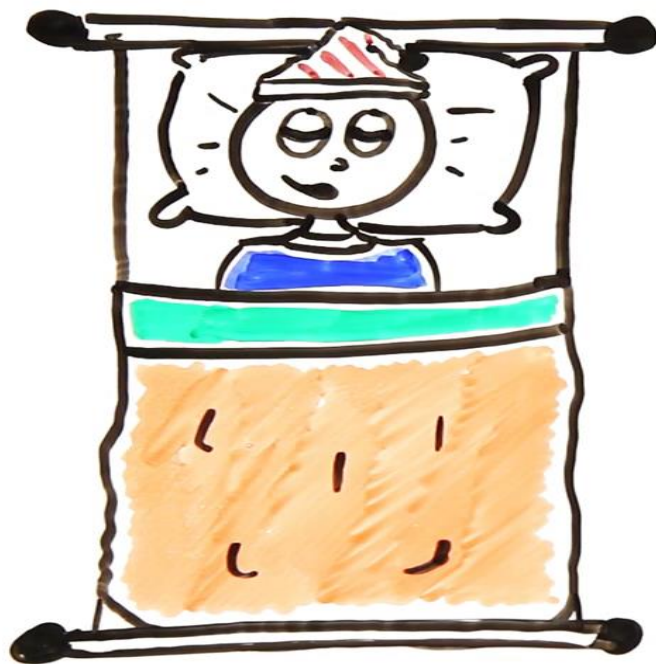


Facts vs. Supplements

Nutrition Facts		
Serving Size 1/2 cup (51.0 g)		
Amount Per Serving		
Calories 237	Calories from Fat 82	
	% Daily Value*	
Total Fat 9.1g		14%
Saturated Fat 3.1g		18%
Polyunsaturated Fat 3.2g		
Monounsaturated Fat 3.1g		
Cholesterol 1mg		0%
Sodium 26mg		1%
Total Carbohydrates 33.5g		11%
Dietary Fiber 4.2g		17%
Sugars 11.5g		
Protein 5.3g		
Vitamin A 0%	•	Vitamin C 2%
Calcium 6%	•	Iron 7%
Nutritional Units 5		
* Based on a 2000 calorie diet		

USADA
United States Anti-Doping Agency

Sleep



24





How Much Sleep?

Physical & mental learning happen during deep sleep

30 hours = -11%

Naps can help
<25 min or >90 minutes



phillipmartin.com

Make sleep a priority over electronics, social media, entertainment, etc.



Recovery: Plan, Plan, Plan

Eat a carbohydrate/protein snack before morning workouts

Practices >90 minutes should include a carbohydrate snack or a sports drink

Bring a carbohydrate/protein snack for immediately after practice

Eat a meal within 1-2 hours after practice



4 R's of RECOVERY Nutrition	FOODS to EAT
Rehydrate with FLUIDS & ELECTROLYTES	Water or Sports Drinks (3 cups/pound lost)
Replenish muscle glycogen stores with CARBOHYDRATES	Fresh/Dried Fruit, Breads (w/Peanut Butter and/or Jelly), Sports Drinks/Bars
Repair & Regenerate muscle tissue with high quality PROTEIN	Dairy Products, Recovery Mix (w/whey, soy, casein protein)
Reinforce your immune system with ANTIOXIDANTS	Apples/Bananas/Oranges, Spinach, Carrots, Peppers

Recovery: What to Eat

- Chocolate milk
- Granola or breakfast bars
- Bagel with peanut butter
- Rest of your sports drinks
- Turkey sandwiches
- Trail mix (nuts/dried fruit)
- Fresh fruit (apples, bananas, oranges, grapes)
- Pita and hummus
- Fruit smoothies homemade
- Meal replacement shakes
- Other “bars”





With Great Nutrition & Recovery Habits...





Without...

