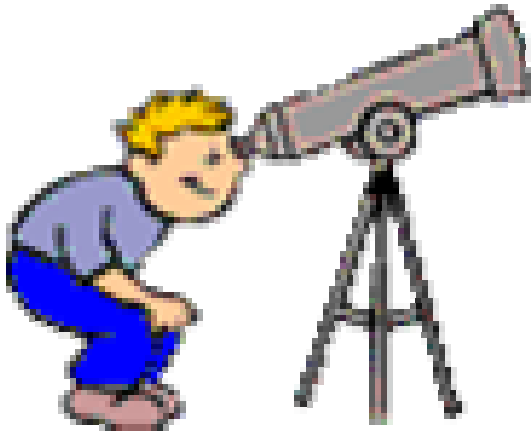


# The Swim Parents' Workshop



# Today's Topics



- I USA Swimming
- II Why kids swim  
(and why they quit)
- III Growth and development
- IV Nutrition
- V Your role as a parent
- VI Your team and the coach
- VII Now and the future

# Part I



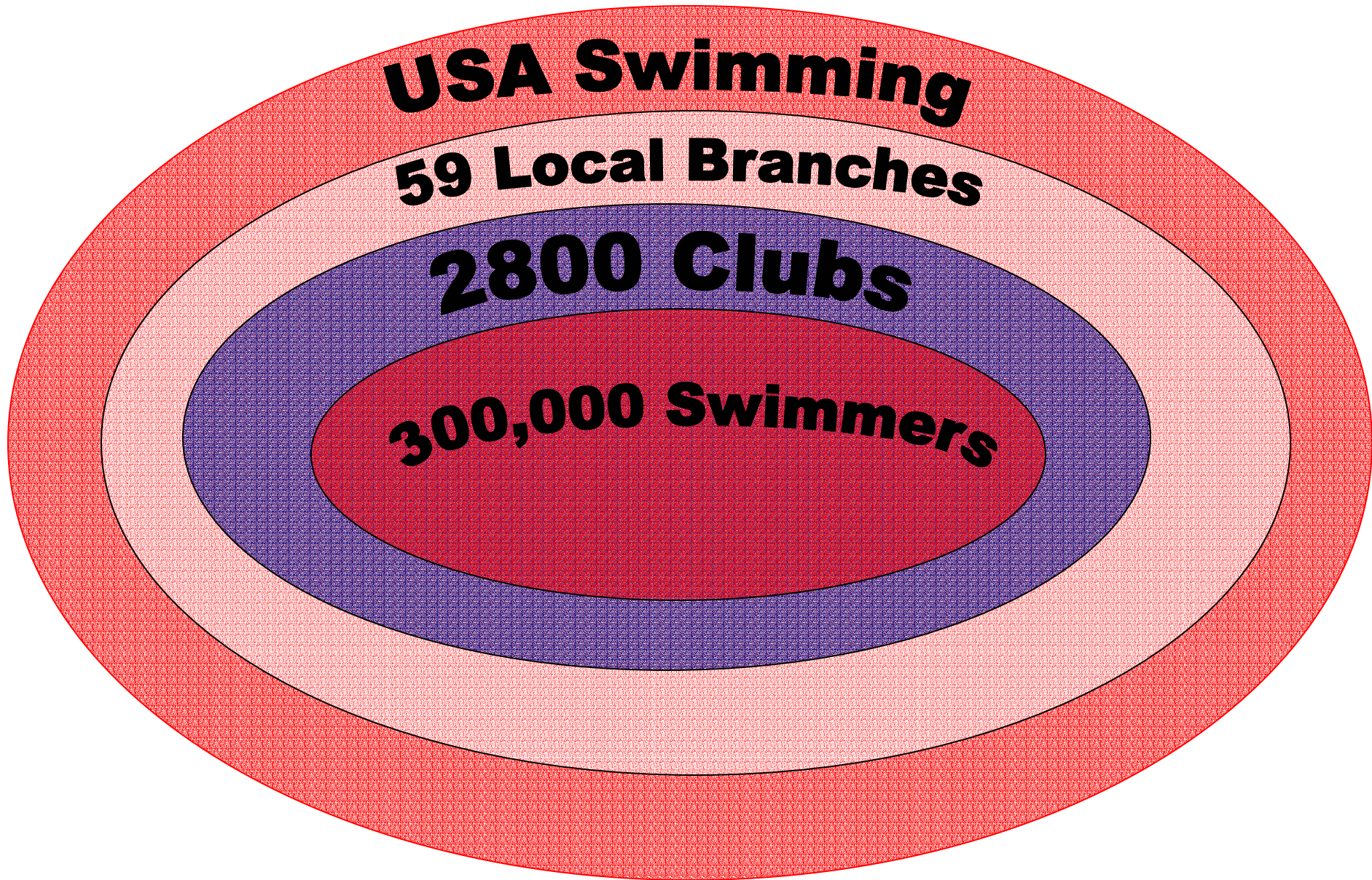
- What is USA Swimming?

# What is USA Swimming?

- N.G.B.- National Governing Body for competitive swimming in the USA
- Core Objectives of USA Swimming
  - Build the Base**
  - Promote the Sport**
  - Achieve Competitive Success**



# Where do we fit in USA Swimming?



## Part II



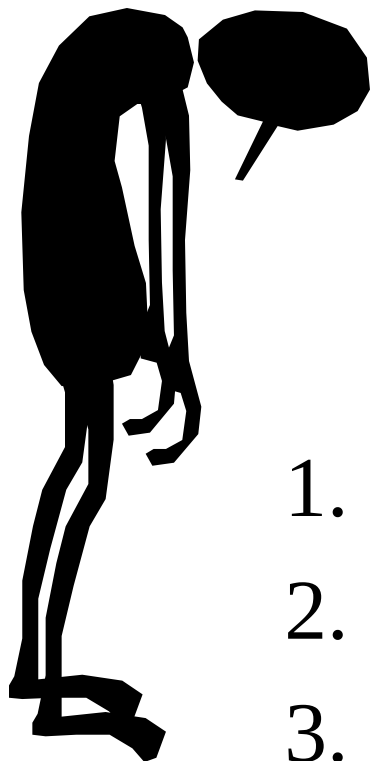
Why kids swim...

And... why they quit.

# Why Kids Swim?

|                    |     |
|--------------------|-----|
| 1. Enjoy/Fun       | 28% |
| 2. Fitness         | 15% |
| 3. Be with Friends | 13% |
| 4. Compete         | 13% |
| 5. Improve         | 8%  |
| 6. Meet New People | 8%  |

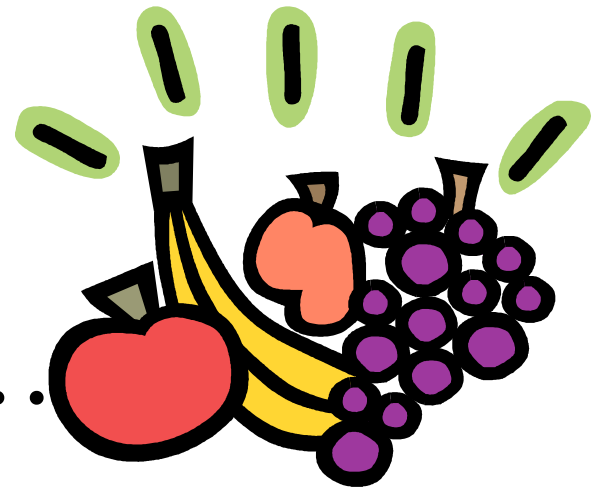




# Why Kids Quit?

- |    |                              |     |
|----|------------------------------|-----|
| 1. | Takes Too Much Time          | 18% |
| 2. | Coach Was Negative           | 15% |
| 3. | Enjoy Other Activities More  | 15% |
| 4. | Lack Of Fun                  | 8%  |
| 5. | Swimming Was Boring          | 9%  |
| 6. | Parents' Emphasis On Winning | 6%  |

# Food For Thought...



- What would you choose as the best reason for your child to be involved in swimming?
- Do your actions support this choice?

# Part III



## Growth and Development

Match the athlete to the correct age.

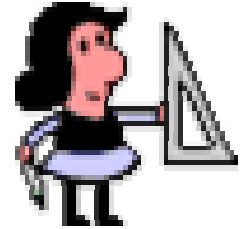
12 years old

14 years old

16 years old



# Understanding Growth and Development



- Individuals follow a predictable pattern of physical growth but the rate of growth varies by individual
- Most Children grow about 2.5” and gain 5 Lbs. each year but....
- Athletes of the same chronological age can vary by as much as 5 biological years!

# The Living Truth



# More Living Truth



# Identifying Early and Late Maturation



- Signs of early maturation:

- Taller
- Heavier
- More muscle mass, development

## Typical Growth Spurts

Males 14-15 yrs

Females 12-13 yrs

- Signs of late maturation:

- shorter
- lighter
- leaner

# Performance can be, and is influenced by the rate of maturity

- Early success is not always a good predictor of later success.



# The 10 & Under Wonder?

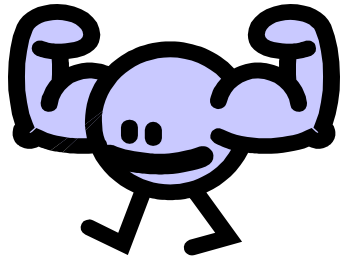
## **Ranked Top 16 as a:**

|            |                       |     |
|------------|-----------------------|-----|
| 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...

But 50% of the top swimmers develop after Junior Year  
in High School!



# Athletes who experience early maturation can:

- Experience early success due to a biological advantage .
- Receive excessive recognition from coaches, parents, and peers.
- “Get by” on size; they may be neglecting technique.
- Experience frustration as the late maturing athletes develop and begin to close the gap.

# Athletes who experience late maturation can:

- Have a low perceived competence level due to being at a biological disadvantage.
- Lack positive attention, recognition, or encouragement from coaches, parents, and peers.
- Leave the sport due to frustration, lack of success.



# Ironically.....

- Over 50% of the top Senior level swimmers come from the late maturing group...
- If we can keep them in the sport!



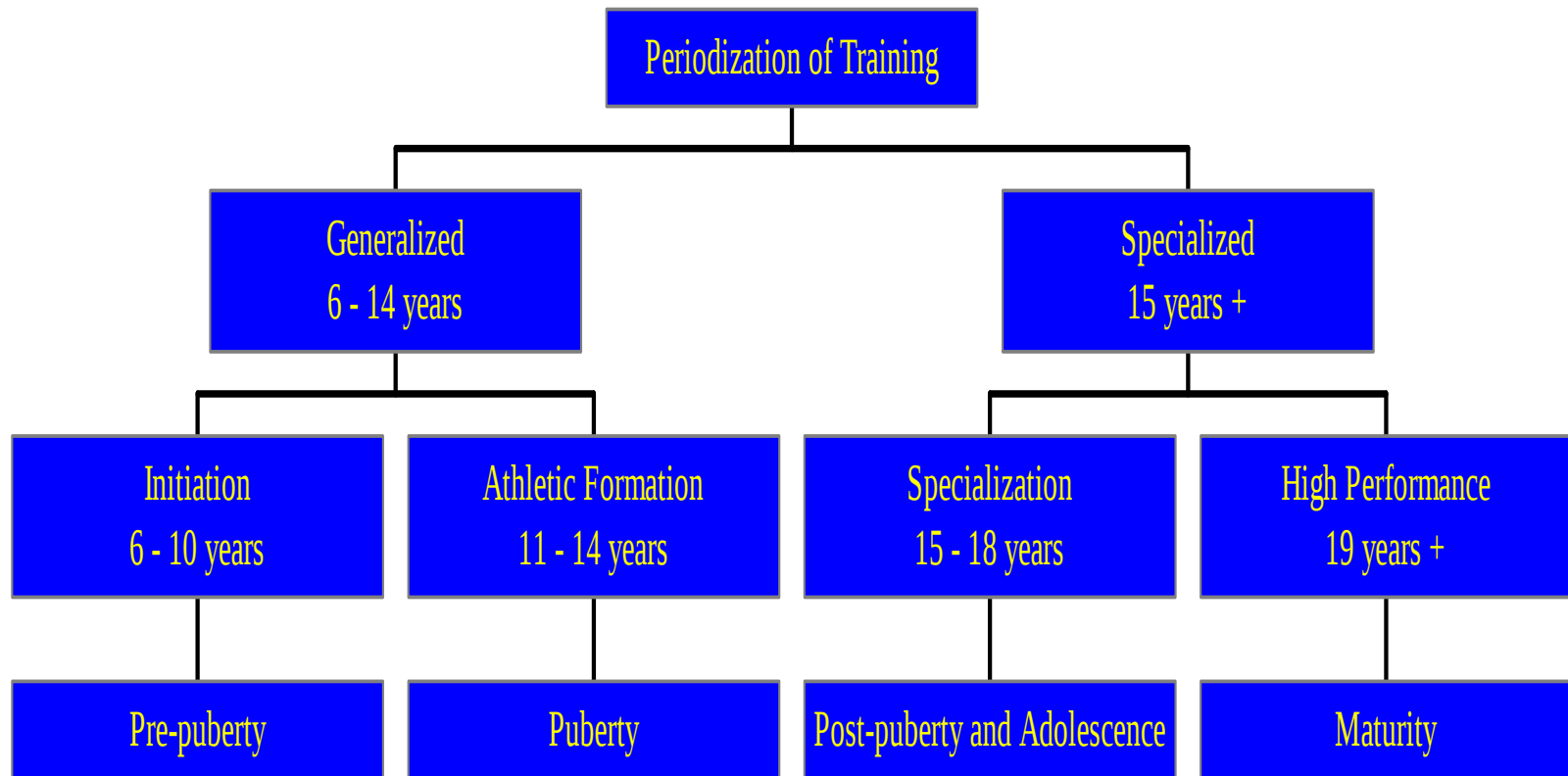
# Strategies to deal with maturational differences

- Keep winning and losing in perspective.
- Prepare your child for future developmental changes.





# Long-Term Training For Your Child



# Part IV



## Nutrition

# Speaking of Nutrition....

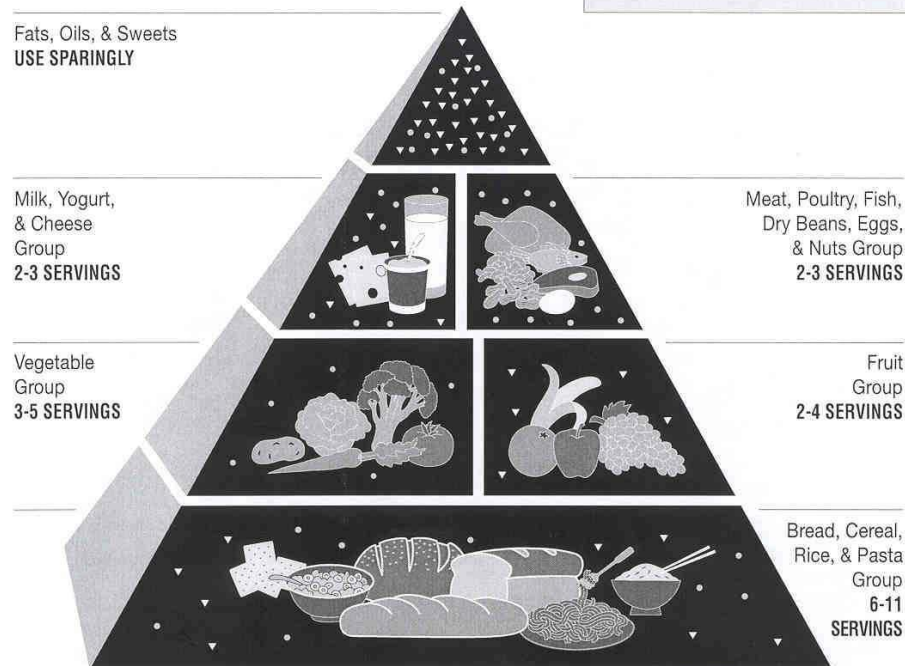
## The Food Guide Pyramid

A Guide to Daily Food Choices

### KEY

-  Fat (naturally occurring and added)
-  Sugars (added)

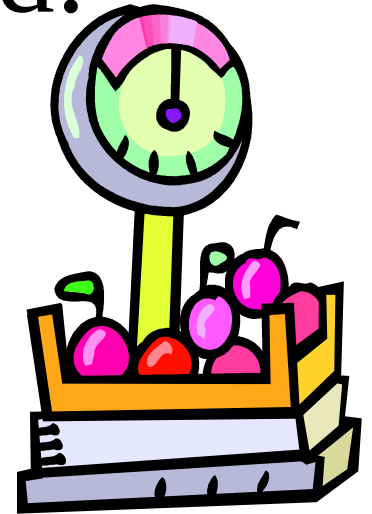
These symbols show fat and added sugars in foods.



**In a nutshell...**  
**Eat colorful foods and stay hydrated!**

# The Food Guide Pyramid: The Basics

- High in carbohydrates
- Moderate in protein
- Limited amount of fat
- Eat from various groups in proportion to areas of pyramid
- Carbohydrates replenish muscle glycogen for energy
- Protein needed to build muscle



# Dietary Supplements



- What are supplements?

There is food and there are drugs, somewhere in between is supplements.

- 3 questions to ask yourself about supplements?

Is the product legal?

Is the product safe?

Is the product helpful?

- For further information go to USA Swimming web site: [www.usa-swimming.org](http://www.usa-swimming.org). Click on the “Parents Tab.”

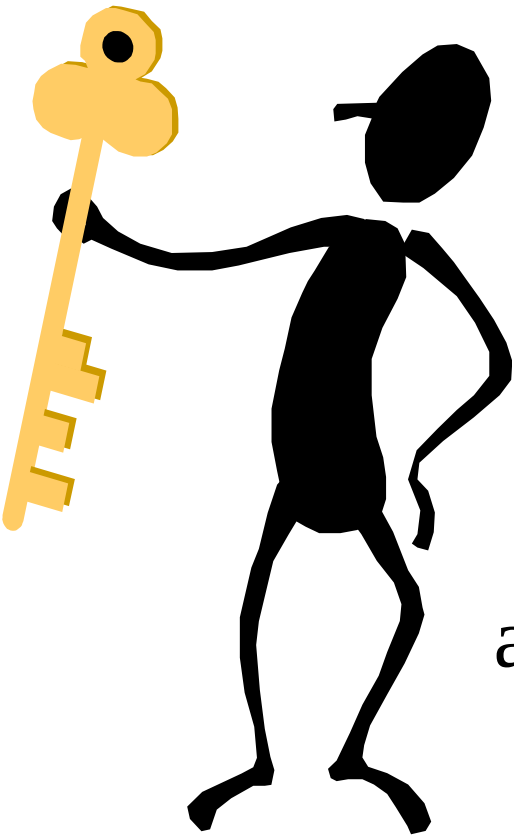
- *Anything above what is needed to correct a deficiency is not necessary or recommended. Eat a variety of foods from all of the food groups in quantities to support the demands of training and recovery.*  
*Supplements are not the answer!!*

# Part V



## Your role as a parent

# Your Role As A Parent



Believe it or not!

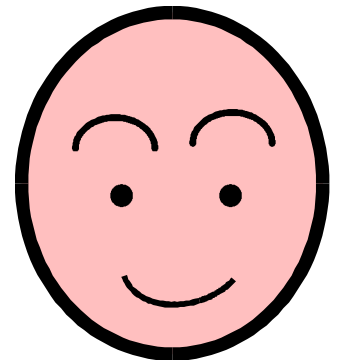
YOU

are your child's primary role model.



# **Your #1 Responsibility as a Swim Parent...**

Is to provide a stable, loving, and supportive environment for your child.



# Other responsibilities

- Understand the sport.
- Help your child understand sports' goals and lessons.
- Teach your child team loyalty.
- Know your responsibilities to the team.
- Teach your child his/her responsibilities to the team.
- Trust your child to the coach.
- Have fun!





# Are You a Pressure Parent?

- Let's take a few minutes to take a test.
- Write down your answers and keep them to yourself
- Be honest!!
- Do you have friends who should take this test?

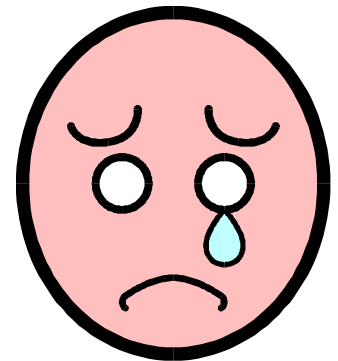


# Are You a Pressure Parent?

1. Is Winning More Important To You or Your Child?
2. Is Your Disappointment Obvious?
3. Can Only You “Psyche Up” Your Child?
4. Is Winning The Only Way Your Child Can Enjoy Sports?
5. Do You Conduct Post Mortems After Competition or Practice?
6. Do You Feel You Have To Force Your Child To Practice?
7. Can You Do Better Coaching Your Own Child?
8. Do You Dislike Your Child’s Opponents?
9. Are Your Child’s Goals More Important To You?
10. Do You Provide Material Rewards For Performances?

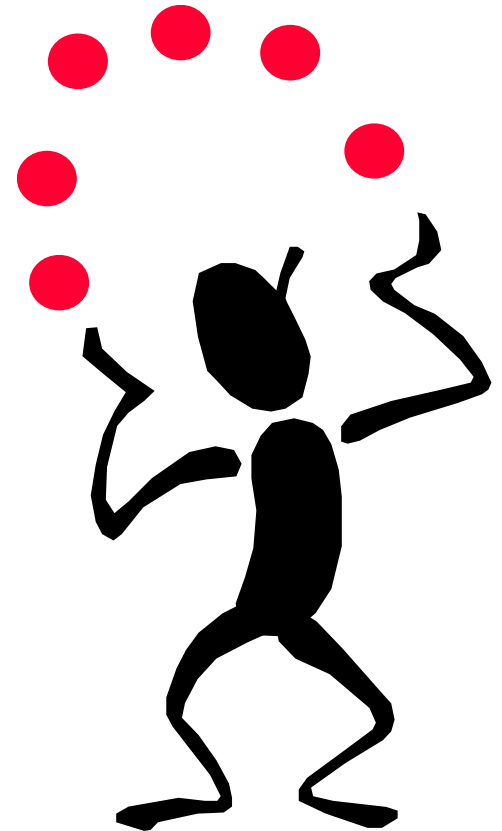
# Talking With A Child After A Poor Performance

- Be Sensitive.
- Keep things in perspective.
- Life Goes On!



# Remember: Keep Things Balanced

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



# Part VI



Your team and the coach

# You and Your Team

- Team Philosophy
- Volunteerism
- What can you do for your team?



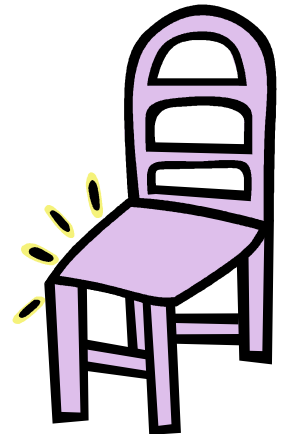
# Team Mission Statement

- ✓ Most important factor in determining success
- ✓ Stated and written
- ✓ Establishes values
- ✓ Guides decision making
- ✓ Directs long and short term goals
- ✓ Establishes basic structure of team
- ✓ Guides financial planning
- ✓ Enhances opportunities for success



# **The Three legged chair**

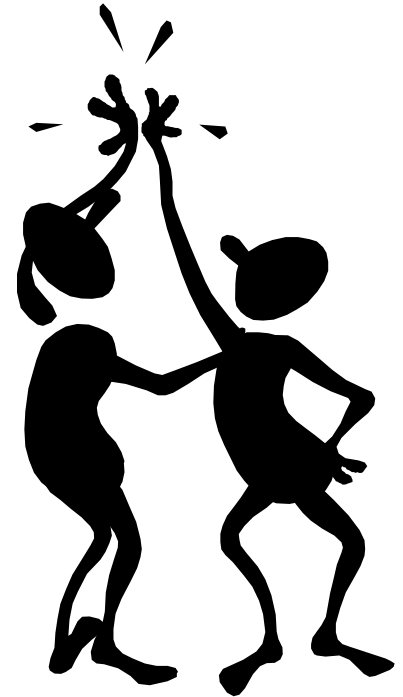
**Coach - Swimmer - Parent**



# **Your Role on Your Team.....**

## **Why Is It Always Me?**

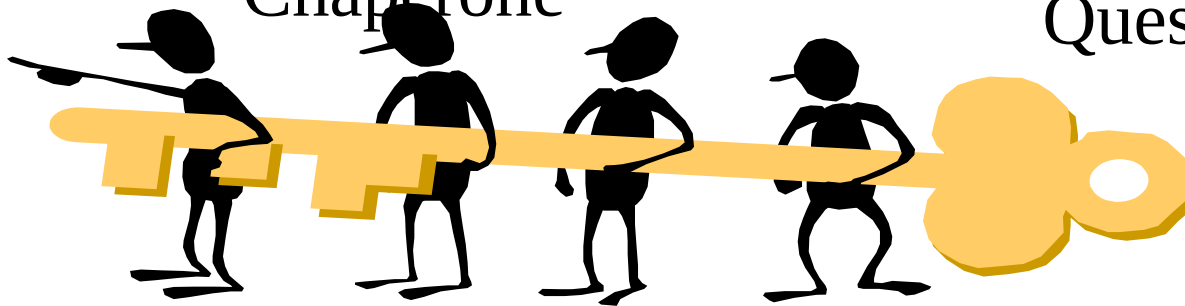
- 2% “Leaders”
- 5-10% “Doers”
- 15-20% “Do Somethings”
- 68-78% “Belongers”



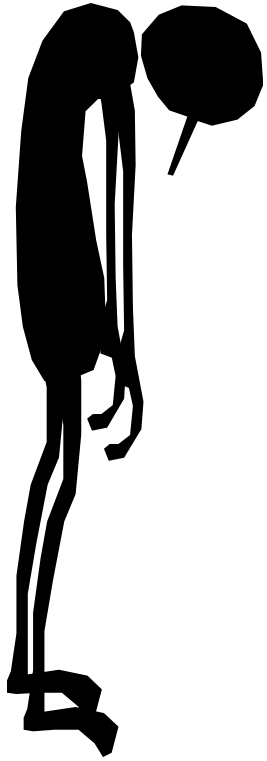
Source: National Center Non-Profit Boards (NCNB), Sandy Hughes

# Be An Involved Parent

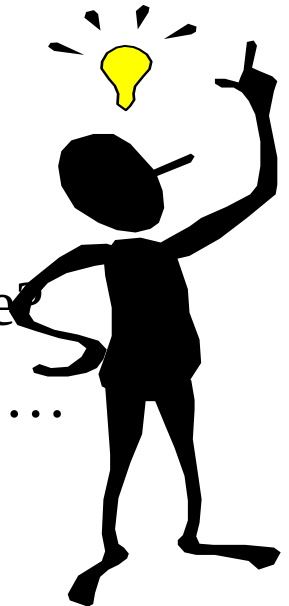
- Be An Official
- Be A Timer
- Be A Representative To The LSC
- Help With Maintenance
- Volunteer to Chaperone
- Bring Refreshments
- Do a Newsletter
- Order Team Equipment
- Plan a Banquet, Picnic or Team Outing
- Serve on the Board
- Be the “Dumb Question Lady”



# ... But Not Too Involved



- Are you becoming a pressure parent?
  - Remember which one of you is the athlete!
  - Take an inventory of your activities...are you spending all of your time on the Swim Team?
  - Has Swimming become your life?
  - Are you driving the coach crazy?
  - Are you a member of the Parking Lot Committee?
- ❖ Maybe it's time to back off a little bit.....



What should you expect  
from your coach?



# What parents want the coach to know about their child

“Coach, I want you to:

1. Remember that my child is an individual with many interests and talents
2. Know about kids and their development
3. Know the sport of swimming
4. Remember that winning isn't everything
5. Be a role model for my child.
6. Be organized and keep me informed well in advance.”



What should the coach expect from you?



# What coaches want parents to know about them and the team

“Parents, we want you to:

1. Encourage and support your child without pressuring.
2. Arrive on time, ready for practice and meets.
3. Remember your child is just one member of the TEAM.
4. Help out when asked.
5. Model good sportsmanship at all times.
6. Address your concerns appropriately.”



# Part VII

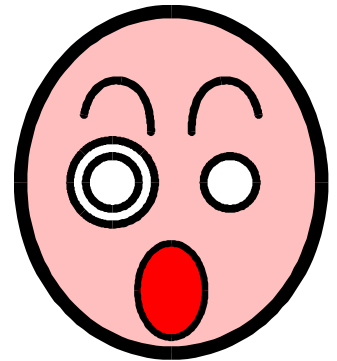


Now and the future.....

# High School-All grown up now!

## New Adult Issues

- Boys and Girls and Cooties!
- Puberty
- Drugs/Alcohol
- Working
- Driving

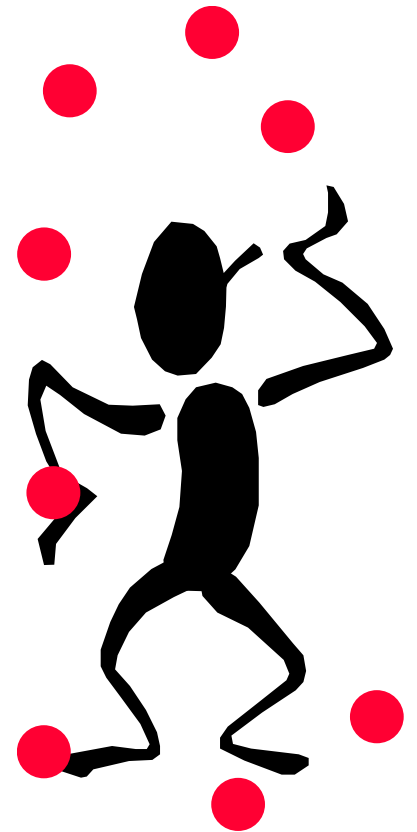


# Speaking of High School...

## Swimming

Positives and Negatives...

- USOC study
- Peer Pressure/recognition
- “Necessary” for College?



# Visit the “Parents” Section...

- Go to [www.usa-swimming.org](http://www.usa-swimming.org)
- Click on the Parents tab!

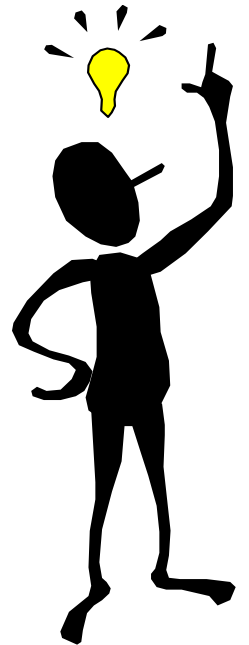


# The college decision??



# Club Coach responsibilities

- Educate the swimmer/family
- Contact the college coaches
- Communicate rules and regulations
- Make suggestions in the process



# Parent Responsibilities

- Meet with the HS guidance office
- NCAA.org
- Keep your child organized and on track
- DO NOT WRITE THE LETTERS OR MAKE THE PHONE CALLS!



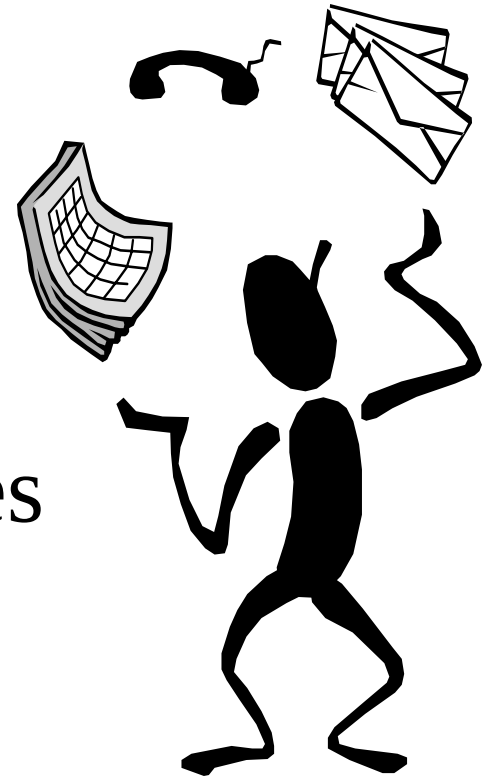
# Athlete Responsibilities

- Athletic resume
- Browse web sites and meet results
- Initial research and contacts
- Visits and questions
- Early signing?



# College Coach Responsibilities

- Provide basic information
- Answer questions
- Set-up visits
- Know and Follow NCAA rules





# Need further resources?

- Visit the USA Swimming Website

[WWW.USA-Swimming.org](http://WWW.USA-Swimming.org)

- Visit the NCAA website

[WWW.NCAA.org](http://WWW.NCAA.org)

- Talk to the coach
- Talk with other parents who have gone through the process



## In summary

- Kids swim to have fun, be with friends and learn new skills.
- Over 50% of great swimmers develop after their Junior year in High School.
- Eat colorful foods and stay hydrated!
- Our #1 responsibility as parents is to provide a supportive, loving environment for our kids.
- Let the coach, coach and get involved in a positive way with the team.
- Be aware of your responsibilities regarding the college decision.

# Try to Remember.....

- Not every child is going to be an Olympian. In fact, your child's chance of making the Olympic team is slim (approximately 1 in 4300) but the life lessons learned from swimming far outweigh any material rewards he or she might

