



Why We Swim

Loving the Sport of Swimming

At COM Aquatics, we often ask ourselves a simple but important question: **Why do we swim?**

For many children, swimming starts as fun — splashing, learning new skills, and being in the water with friends. As time goes on, practices become harder, meets feel more serious, and results start to matter more. In these moments, it is important to remember why swimming matters in the first place.

Swimming is more than a sport. It is a life skill. It teaches children how to be safe in the water, how to take care of their bodies, and how to build healthy habits that can last a lifetime. Swimming is also a sport they can enjoy for many years — not just for one season or one result.

At COM Aquatics, we believe success is built over time. We focus on long-term development, not quick results. Every swimmer grows at their own pace. Some learn quickly, others need more time — and that is okay. Our goal is to help each swimmer become better than they were yesterday, step by step, both in and out of the pool.

Loving the sport matters. **Love the sport first — success will follow.**

Children stay in swimming because they enjoy it. They leave when it stops being fun. Joy, curiosity, and pride in effort are powerful motivators. Medals and times can feel exciting, but they do not last forever. A love for swimming, confidence, and strong character stay with a child for life.

Swimming gives important life lessons, such as discipline, patience, responsibility, and how to handle both success and disappointment. Mistakes and hard days are a normal part of learning. At COM Aquatics, we want swimmers to feel safe to try, to fail, and to try again. Growth happens when children are supported to meet expectations.

Team is a big part of this journey. Swimming may look like an individual sport, but no one does it alone. Teammates encourage each other, celebrate effort, and learn how to support one another. Being part of a team helps children feel connected and confident, even on challenging days.

Parents play a very important role. The most powerful support you can give your swimmer is simple and positive. Ask questions like: *What did you learn today? What was the hardest part? What was the most fun?* Your words matter. One of the best things a swimmer can hear is: **“I love watching you swim.”**

A Message for Our Swimmers: *“Swim because you enjoy getting better. Try your best, even on hard days. Mistakes are part of learning, and it is okay to struggle. Support your teammates and let them support you. Leave the pool knowing you gave your best effort.”*

At COM Aquatics, our mission is to create life-changing environments where success is certain. This means providing a safe, supportive, and positive place where every child can grow, gain confidence, and develop a love for swimming, no matter their pace or level. Success does not look the same for every swimmer. For some, it is faster times. For others, it is confidence, resilience, or learning to believe in themselves. What matters most is that every child feels valued, supported, and excited to keep swimming. Together — swimmers, parents, and coaches — we build a positive, safe, and joyful environment where swimmers can dream big, grow steadily, and learn to love the sport of swimming.

Thank you for trusting us,
COM Aquatics Coaching Staff