

Performance Lifestyle:

Top Tips for Parents

How to help young swimmers develop and be successful in and out of the pool.

10

1. Be encouraging, supportive and enthusiastic

2. Be a good role model – to your child, other young swimmers and other parents

3. Allow the coaches to coach – don't try to be too many people

4. Avoid focusing on winning and let them know how proud you are regardless of outcomes

5. Encourage independence and personal responsibility by allowing them problem solve and make their own decisions



6. Listen and be patient and impartial when giving advice

7. Support and respect your child's ambitions in sport (remember that it's their experience – not yours!)

8. Focus on development of the whole person through a range of experiences, both inside and outside of swimming

9. Work together with the coach and support staff to provide a positive environment for your child to thrive

10. Allow your child to be themselves and have fun!

