

THE 10 COMMANDMENTS FOR SWIMMING PARENTS

1. Thou shall not impose thy ambitions on thy child

Remember that swimming is your child's activity. It is important to ensure that your child is striving to achieve their own dreams and ambitions and not yours.

2. Thou shall be supportive no matter what

Your child will aim to give 100% whatever you may think. Always applaud and praise their efforts. Its imperative that your child knows that you will love and be proud of them no matter their performance in the pool. Your child will already be under enough pressure without worrying about how you will respond to their performance.

3. Thou shall not coach or bribe your child

You are paying to bring your child to Chester le Street Swimming Club so enjoy all the benefits our coaches can provide. They have all undergone extensive training and have worked hard to make your child's time in swimming a positive one! Parents should resist the urge to try to coach their child on technique – it will only cause confusion. But above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

4 Thou shall not compare or divide.

Comparing your child to other athletes on the team or in the meet is unhealthy and pointless. Success is a journey, not a destination. Every child will take a different path, will learn at a different speed, and will arrive at a different kind of success. Before you become concerned about who is outpacing your child, ask yourself "Is my child having fun?"

5. Thou shall follow the same rules of sportsmanship as thy child.

The best advice on sportsmanship is quite simple; "A champion takes victory and defeat in the same way." Lead your child by example, and put a swift end to gloating and other forms of poor sportsmanship by showing that you won't tolerate it in yourself or your child.

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6. Thou shall honour thy child's coach

Do not criticise the coach in front of your child, or waste your energy discussing things with other parents in the stands. The coach may seem to do things you may not understand but you may not know the coach's Long Term Development Plan for your child. If you have any concerns help the team by speaking to the coach directly.

7. Thou shall be loyal and supportive of thy team

Your child is an individual swimmer and a member of a team. Support your child, team and club.

8. Thou shall teach thy child to find the lessons in failure and the value of perseverance

Success is a journey, and failure is a teacher. In life, we are taught the same lessons over and over until we get the message and learn the lesson. Swimming is a sport that is made up of 90% failure. If we teach children to see failure as an opportunity for growth, we empower them for life.

9. Thou shall get thy child to training on time and stick to a regular training schedule.

Success in Swimming depends on consistent practice habits over the entire year. Poor attendance leads to fear, frustration and poor performances.

10. Thou shall ensure that you enjoy the ride

Above all enjoy this wonderful sport, the ups and downs, elation and frustration and the friendships you will make along the way. We want our swimmers (and parents) to look back on their involvement in competitive swimming fondly, but to do this you need to ensure that your child has FUN!