

Locks Heath Swim School

## Supporting Swimmers to Be Successful in and Out of the Pool

## Session Overview

- Recognising parental emotions
- Keeping swimming positive
- Being a positive spectator
- Encouraging a confident and independent swimmer



### Parent's Emotions

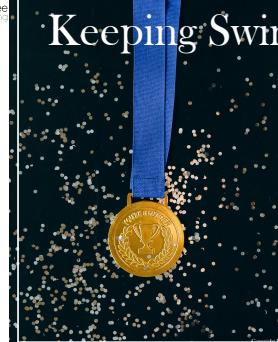
Being the parent of a sportsperson can generate emotions for you.... even if you are a very calm, relaxed and non-competitive parent.

It is important to recognise which emotions are **YOURS!**

## Adolescent Emotions



## Keeping Swimming Positive



You want your child to feel

- strong, capable and happy when swimming at their personal level - whether they make podiums or not!

## Discussion



- Provide practical support
- Show interest and encouragement
- Facilitate a positive team environment
- Avoid making comparisons
- Be a positive spectator**

## Young People - Developmental Pressures

Body Image  
Peer Pressure



- In adolescence acceptance from friends and being part of a peer group is very important.
- This means friend's opinions can have a large impact on how a young person views their bodies and the activities they do.
- Watch out for changes in how your child describes themselves physically and changes in their enthusiasm for swimming.

## Modelling Skills

What the brain learns to do domestically then comes more easily competitively.



When an action is practised it takes less emotional energy to perform

- Setting an alarm
- Packing their own bag
- Looking up information
- Asking questions
- Giving information to coaches and officials

## Conclusions



However large or small swimming is in your lives - your young person needs your interest, guidance, encouragement and support.