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Supporting Swimmers

Locks Heath Swim School

Supporting Swimmers to Be Successful in and Out of the Pool

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Session Overview

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

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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!

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Adolescent Emotions

Adolescent motivation and interest can fluctuate significantly.

Try to listen without generating conflict otherwise young people tend to shut down.

Recognise that your own emotions might crop-up if your child's interest levels change.



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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!



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Discussion

With so many pulls on a young person's time, how can parents help maintain swimming as a positive experience?

Provide practical support

Show interest and encouragement

Facilitate a positive team environment

Avoid making comparisons

Be a positive spectator

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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.


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Parenting Young Athletes

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

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Conclusions



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

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