

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!**

Parents are Busy People!

If busyness spills over into frustrated words and actions that can have a ripple effect on your swimmer.

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

- Practical support*
- Interest and encouragement*
- Club environment*
- Avoiding comparisons*
- Being a positive spectator**



Modelling Skills

What the brain learns to do becomes natural over time.



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

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

These skills help at swimming but also at school and home.

Copyright Lorraine Lee Training Ltd.

Conclusions



However large or small swimming is in your life - your child values your interest, encouragement and support.