

LorraineLee
Training

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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Parents are Busy People!

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



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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

Practical support

Interest and encouragement

Club environment

Avoiding comparisons

Being a positive spectator

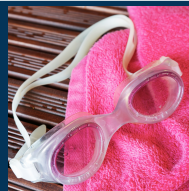
How do parents help maintain swimming as a positive experience for young swimmers?

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Parenting Young Athletes

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.

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Conclusions



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

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