

LorraineLee  
Training

Supporting Young Swimmers

Locks Heath Swim School

Equipping Your Child to Succeed In and Out of the Pool

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Energise  
Me

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Session Plan

- What Makes Sport Attractive and Fun?
- Positive Feelings Discussion
- Being a Confident Swimmer
- Being a Positive Teammate
- Stepping Up

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DISCUSSION:

What do you love about swimming? What gives you the best and worst feelings?

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Always remember why you swim!  
Your reason is your fuel for when  
it's hard work or your results are  
not what you want.



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Comparing yourself to other swimmers drains confidence, even if they are your friends.

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Being a Confident Swimmer

Avoid Comparisons

Some things both parents and swimmers can do to help...

Talk about yourself positively, not just in swimming!

Focus on making progress in your own swimming.


Remember that doing your best feels good and increases confidence.

It's nice to have adults feeling proud of you BUT you can also feel proud of yourself.

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## Being a Confident Swimmer

Listen & Learn

Take in everything your coach can teach you!

As your skills increase, your confidence will also increase.

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## Being a Confident Swimmer

Giving and receiving praise

Celebrate victories but praise the positive steps you took in the journey that you can complete again.

E.g. You place higher in a race than you have done before - that's great!  
What could be some of the positive steps that helped you to achieve that?

Try not to focus on praise that says "you are the best," "you are the fastest," "no-one can beat you" because these are things that can change and then confidence drops.

It's more useful to offer praise such as "you are making great progress," "your times are improving," "you are such a valuable member of the team."

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## Being a Positive Teammate

Think about what you say.

Think about what you do.

Think about what information you share.



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## Stepping Up!

There are lots of little tasks associated with swimming that you can begin to do independently.....

Packing kit

Asking coach for some information

Putting kit in the washing

Being ready to leave on time

Preparing the night before when necessary

Making a packed lunch

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## Why is stepping up important?

If a task is always new you brain always questions whether it can do it - that takes energy!

It allows the brain gets practise tasks

When a task has been done before the brain is prepared. It can even have ideas to improve the task.

This helps you to have some independence in swimming tasks and school tasks too.

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## Final Chat...

Parent / Adult



What simple task you can transfer



Child / Swimmer

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## Conclusions

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- Being involved in swimming is amazing
  - You can learn things to help you progress both inside and outside the pool
  - Practical skills and interpersonal skills flourish
  - Your body and brain both benefit
  - Parents can be really positive supporters
- 

