

Locks Heath Swim School

Equipping Your Child to Succeed In and Out of the Pool



Session Plan

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

DISCUSSION:

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



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



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

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.

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.



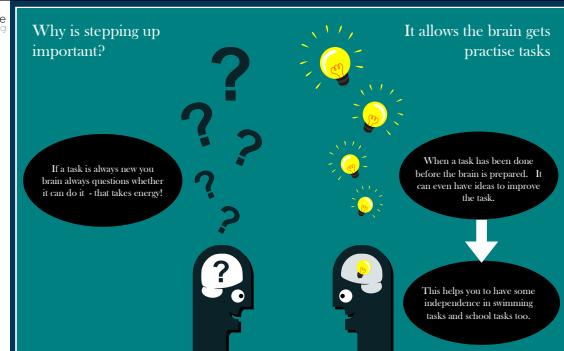
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Stepping Up!

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 wadding
- Being ready to leave on time
- Preparing the night before when necessary
- Making a packed lunch



Final Chat...



Parent / Adult



Child / Swimmer

What simple task
you can transfer

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Conclusions

- 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



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