

## **The Secret to Developing the Best Swimmers and the Best Team**

**Supporting Your Swimmer-** Love your swimmer, recognize both their hard work and their achievements, and encourage them. This is the basis for all successful swimmers.

Provide your swimmer with the basic opportunities needed to have a positive swimming experience. This includes making sure they are able to attend practices and meets regularly. Consistent practice attendance is the surest way to improvement, and improvement becomes more obvious when they attend meets.

Be enthusiastic. A parent's enthusiasm is contagious. Helping out at meets, willingness to take your swimmer to practice, taking part in team activities will help your child develop a more positive attitude about the sport.

### **Involved Parents = Successful Swimmers**

Realize that every swimmer develops and learns at a different rate, and sometimes this requires patience on the part of a parent. Avoid comparing your swimmer with other swimmers. There is NO effective way to predict how a swimmer at age 8 will perform at a later age. The key ingredients to success are Parent Involvement and Positive Support, Consistent Attendance, and a Good Attitude. If you and your swimmer work together to develop these Key Ingredients, your swimmer will succeed.

The root of the word "competition" means "to strive together". Teach your swimmer to compete with, not against, others and to use competition to help them be their own best self.

**Supporting Your Program-** Know the Commonwealth North Philosophy. We champion a long-term approach to each swimmer's participation and development in our program.

- Stay informed- Read the emails, check out the website, watch practice periodically, and attend parent meetings.
- Get Involved- Volunteers are always needed in a variety of areas.
- Return requested information on time, such as meet responses.
- Communicate with your coach.

- *As given to families on First Colony Swim Team - Sugarland, TX*