*A Partnership with Parents*

Summarized lecture from Alan Goldberg PhD.

***For our team to have the best possible atmosphere, we need to work together as coaches and parents and our roles should complement each other to create a fun, rewarding, and positive experience for our team members.***

We understand as coaches, there are 2 things that you want most for your daughter…you want them to feel happy, and you want them to be successful. Unfortunately, that can sometimes lead to parents saying and doing unhelpful things for their daughter.

We need to redefine what it means to be a winner. Winning is not about coming in 1st. It's about pushing your own limits and constantly striving to do better than your best. You're a winner if you drop time off a previous best, even if you come in dead last. Or if you learn a new dive, or increase your best dive score.

We need to redefine competition. It is not appropriate to distract a swimmer/diver with thoughts of beating someone else. Understand that a focus on the competition usually results in slower times and performance problems. The competition is your partner and your real obstacle lies within. Parents and coaches need to encourage each girl to compete against themselves.

The Controllable versus the uncontrollable. All too often parents, as well as swimmers/divers, get concerned with the uncontrollables in a meet (i.e., competition, crowd, race heat, water temperatures, last year's race, qualifying, etc.). Parents, swimmers, divers, need to understand that a focus on the UC's will only get them into performance trouble. Instead the swimmer/diver should be encouraged to focus on what they can control (i.e., themselves, technique, breathing pattern, etc.)