



# The Swim Parents' Workshop





**AMERICA'S  
SWIM TEAM.**

**Bill Krumm**

***Western Zone Sport Development Consultant  
6 years at USA Swimming  
Zone Select Camp Director***



**Head Coach – 27 years**

Westport, CT YMCA

**LSC Leader – 27 years**

General Chairman

Program Development Chairman

Coaches Representative

Zone Coach

USA-S Convention Delegate

**USA Swimming Volunteer – 10 years**

Safety Education Committee



# What is USA Swimming?





# What is USA Swimming?

- N.G.B.- National Governing Body for competitive swimming in the USA
- Core Objectives of USA Swimming
  - Build the Base
  - Promote the Sport
  - Achieve Sustained Competitive Success



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# Where do we fit in USA Swimming?

**USA Swimming**

**59 Local Branches**

**2900 Clubs**

**340,000 Swimmers**



# USA Swimming Local Swimming Committees & Zones





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**States – 13**

**LSC – 17**

**Time Zones – 4**

**Athletes – 89,980**

**Coaches - 3938**

**Clubs - 799**



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## *Wyoming Swimming LSC*

Clubs - 25

Athletes - 1887

Coaches - 144

Officials - 66





# Why kids swim... And... why they quit.





# Why Kids Swim?

- |                    |     |
|--------------------|-----|
| 1. Enjoy/Fun       | 28% |
| 2. Fitness         | 15% |
| 3. Be with Friends | 13% |
| 4. Compete         | 13% |
| 5. Improve         | 8%  |
| 6. Meet New People | 8%  |





# Sources of Fun

- Being with friends
- Coach compliments and encourages me
- Being known as a good swimmer
- Winning races
- Getting in shape
- Varied workouts
- Relays where team comes together
- Feelings of accomplishment
- Cheering for each other/coming together as a team
- Trying to improve my times; Being on a team



# Why Kids Quit?

- |                                 |     |
|---------------------------------|-----|
| 1. Takes Too Much Time          | 18% |
| 2. Coach Was Negative           | 15% |
| 3. Enjoy Other Activities More  | 15% |
| 4. Swimming Was Boring          | 9%  |
| 5. Lack Of Fun                  | 8%  |
| 6. Parents' Emphasis On Winning | 6%  |



# What is Not Fun

- Getting slower times than my goals
- Getting lapped in races
- When other swimmers skip laps or get in front of me
- When coach yells or threatens me
- Swimmers who think they are good just because they are fast
- Parents ask about bad races
- When parents brag about their swimmer



# Benefits of Swimming

- Professional Coaches
- Long Term Athlete Development
- Individual/Team Sport
- Everyone Participates
- Healthy Activity
- Life Time Sport
- Life Long Skills
- Promotes Self Improvement
- Cultivates Positive Mental Attitude  
& Self-Esteem



# Growth and Development





Match the athlete  
to the correct age

**TRICK QUESTION! THEY'RE ALL 14!**

12 years old

14 years old

16 years old







# Understanding Growth and Development

- There is a predictable pattern of physical growth but the rate of growth varies
- Kids grow about 2.5" and gain 5 Lbs. each year but....
- Kids of the same chronological age can vary by as much as 5 biological years!





# Early vs. Late Maturation Characteristics

## EARLY MATURER

- Taller
- Heavier
- More muscle mass, development
- More endurance
- Acquire physical skills more quickly
- Parent was early maturer
- Early success: grade school star

## LATE MATURER

- Smaller in stature (but may be tall and very lean)
- Less strength
- Less muscle mass and skeletal maturity
- Lower motor skills
- Parent was late maturer
- Less athletic “success” in grade school



# Performance is influenced by the rate of maturity

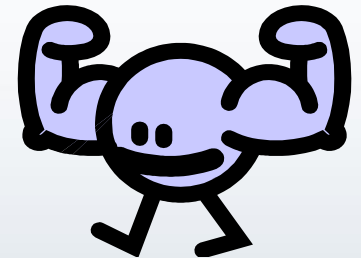
Early success is  
not always a  
good predictor of  
later success.





# Athletes who experience early maturation can:

- Experience early success due to a biological advantage .
- Receive excessive recognition from coaches, parents, and peers.
- “Get by” on size; they may be neglecting technique.
- Experience frustration as the late maturing athletes develop and begin to close the gap.





# Athletes who experience late maturation can:

- Have a low perceived competence level due to being at a biological disadvantage.
- Lack positive attention, recognition, or encouragement from coaches, parents, and peers.
- Leave the sport due to frustration, lack of success.





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# The 10 & Under Wonder?

## Ranked Top 16 as a:

10 & Under	Still Ranked as 17-18	11%
11-12	Still Ranked as 17-18	21%
13-14	Still Ranked as 17-18	36%
15-16	Still Ranked as 17-18	48%

### **Moral of the story:**

A 10 & Under wonder can survive...  
But 50% of the top swimmers develop  
after Junior Year in High School!



# Strategies to deal with maturational differences

- Keep winning and losing in perspective.
- Prepare your child for future developmental changes.
- Focus on long term development





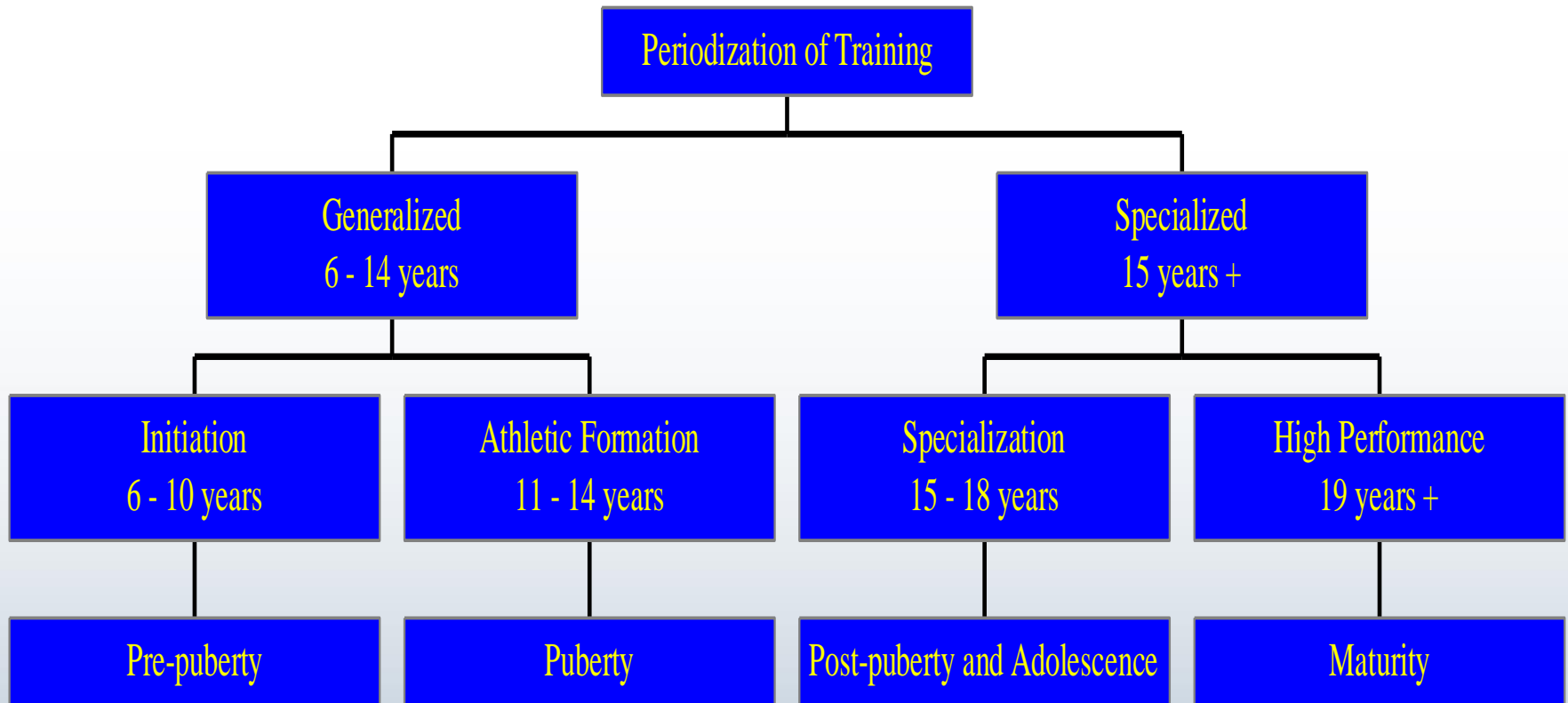
# Competition and Training







# Long-Term Training For Your Child





# Recommended Parameters

Age	Skills and Training Objective	Commitment
7-9	Stroke technique, aerobic development, kicking, fun	2-3 x per week 30-45 minutes
9-11	Technique, coordination, athleticism, all events Aerobic development, kicking, swim practice skills, self-management and independence	2-4 x per week 30-60 minutes Other sports Low pressure competition



# Recommended Parameters

Age	Skills and Training Objective	Commitment
11-14	Technique, all strokes, all events, dryland (own body weight), aerobic endurance, low intensity intervals, kicking, competition skills, 200 IM, 200/500 free	4-6 x per week 90-120 minutes Year round Other sports, but attendance expectations
13-18	Technique, core body conditioning, med balls and free weights, training based, increased yardage, anaerobic threshold and speed development, 400 IM/mid distance free	6-10 per week 90-120 minutes Long Course Commitment to swimming



# Long-term development: What can a parent do?

- Emphasize **FUN, ENJOYMENT & INDIVIDUAL IMPROVEMENT** over winning and losing
- Encourage participation in a variety of sports and activities
  - include unstructured play!!
  - Beware of over-scheduling
- Discourage early specialization in one sport or one event





# Helping Your Child at Practice



## Do

- Encourage “have fun, be safe, play smart”
- Ask if he had fun, learned anything new
- Listen to feelings your child expresses
- Encourage child to be self-reliant, take care of own equipment
- Interrupt practice only in emergency

## Don't

- Signal or yell to your child
- Distract your child from the coach
- Offer to fix equipment
- Speak to the coach during practice except in an emergency
- Insist on watching practice



# What if.....?



1. My child doesn't want to go to practice?
2. My child only goes to ½ of the practices because he has other activities?
3. My child thinks practice is too easy....or too hard?
4. My child says some kids cheat in practice?
5. My child gets “kicked out” of practice for bad behavior?
6. My child is as fast as the kids in the older group but the coach won't move her up?
7. The coach wants to move my child up but he wants to stay with his friends?
8. My child doesn't seem to be improving?
9. My child wants to quit swimming?
10. My child has been swimming since age 5 and doesn't want to go anymore?



# Nutrition





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# The Basics

- Ideal Swimmer's Diet
  - High in carbohydrates
  - Moderate in protein
  - Limited amount of fat
- Eat from a variety of food groups in proportion to areas of pyramid
- Carbohydrates replenish muscle glycogen for energy
- Protein needed to build muscle but is not a source of energy





# MyPyramid

STEPS TO A HEALTHIER YOU

[MyPyramid.gov](http://MyPyramid.gov)



GRAINS

VEGETABLES

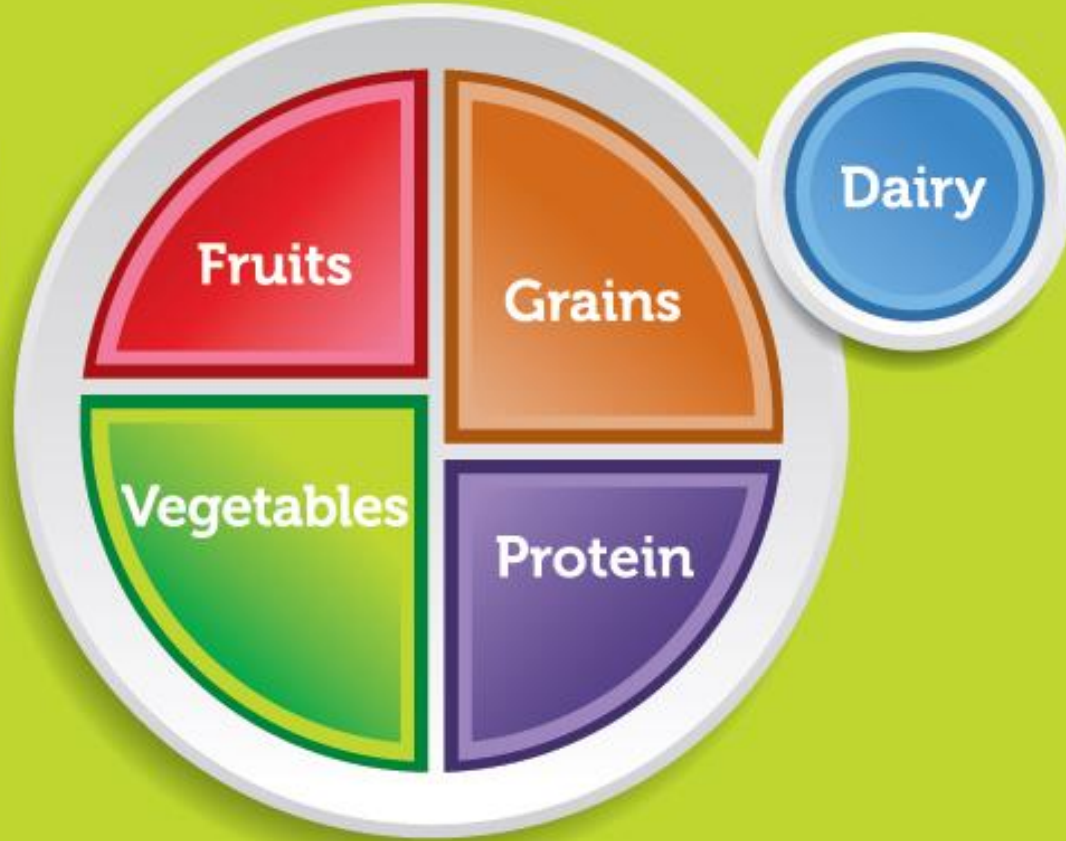
FRUITS

MILK

MEAT & BEANS



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Choose **MyPlate**.gov



# The Hydration Basics



If exercising longer than 90 minutes or intensely for longer than 60 minutes a sports drink of **6-8% carbohydrates** concentration is better than water.





# What is 6% Carbohydrate?

Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 4	
Amount Per Serving	
Calories 50	
	% Daily Value*
Total Fat 0g	0%
Sodium 110mg	5%
Potassium 20mg	1%
Total Carbohydrate 14g	5%
Sugars 14g	
Protein 0g	

\* Percent Daily Values are based on a 2,000 calorie diet.

8 ounces = 226.8 grams

14 grams total carbs

$$(14/226.8) =$$

**6%**

% of Recommended Daily Value



# The Recovery Basics

- Recovery after practice?
  - 8-12 year old, are you kidding?
  - 13-18, yes!

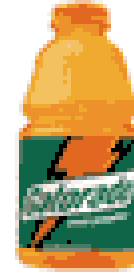
Body Weight (lbs)	Carbohydrate Required to meet 1.2 g/kg	Drink Examples	Bar Examples	Food Examples
120-150 Lbs	65-85 Grams	35-50 oz. of sport drink OR 2 cans of Carnation Instant Breakfast OR 1.5 cans of Boost or Ensure, <b>CHOCOLATE MILK!</b>	1.5 PowerBars OR 1.5 PowerBar Harvest Bars OR 1.5 Clif Bars OR 2-50g packages PowerBar Bites	2 cups apple juice or cranberry cocktail OR 2 servings of low-fat yogurt OR 1 cup dried apricots OR <b>1.5 PBJ sandwich</b>
160-200 Lbs	85-110 Grams	50-65 oz. of sport drink OR 2.5 cans of Carnation Instant Breakfast OR 2.5 cans of Boost or Ensure	2 PowerBars OR 2 PowerBar Harvest Bars OR 2 Clif Bars OR 3-50g packages PowerBar Bites	2/3 cups of raisins OR 4 cups grapefruit juice OR 2 medium bagels OR 4 slices of watermelon OR 1 bagel w/peanut butter
200+ Lbs	115+ Grams	65+ oz. of sport drink OR 3 cans of Carnation Instant Breakfast OR 3 cans of Boost or Ensure	2.5 PowerBars OR 2.5 PowerBar Harvest Bars OR 2.5 Clif Bars OR 3.5-50g packages PowerBar Bites	8 kiwi fruits OR 2 cups canned fruit salad OR 2 PBJ sandwich PLUS 1 serving of yogurt



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# Remember These Pointers

- Eat a variety from all food groups
- Eat colorful foods
- Eat early and often
- Drink early and often
- Recovery begins immediately after practice



THIRST  
QUENCHER



got milk?

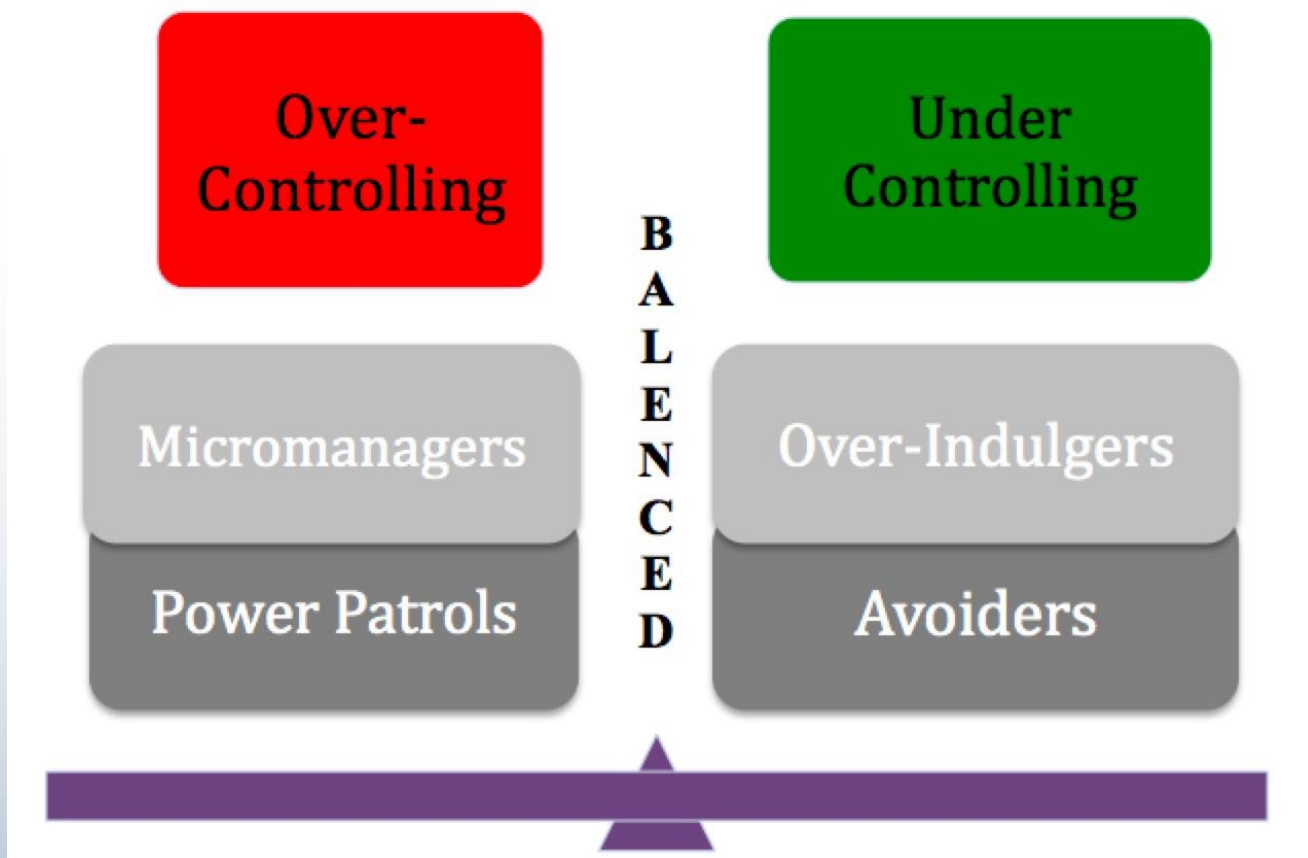


# Your role as a parent





# Role of the Parent







# Your Role As A Parent

Believe it or not!

YOU are your child's primary role model.



# Your #1 Responsibility as a Swim Parent...

Is to provide a stable, loving, and supportive environment for your child.





# Other Responsibilities

- Understand the sport.
- Help your child understand sports' goals and lessons.
- Teach your child team loyalty.
- Know your responsibilities to the team.
- Teach your child his/her responsibilities to the team.
- Trust your child to the coach.
- Have fun!



# Are You a Pressure Parent?

1. Is winning more important to you than it is to your child?
2. Is your disappointment obvious?
3. Do you try to “psych-up” your child?
4. Do you let your child know how much you sacrifice so he/she can swim?
5. Do you conduct post mortems on the way home?
6. Do you feel you have to force your child to practice?
7. Do you ever think you could do better coaching your child?
8. Do you ever dislike your child’s rival or the rival’s parent?
9. Are your child’s goals actually your goals for your child?
10. Do you provide material rewards for performance?





# When the athlete comes back to you after a “poor” swim, ask/say:

- “What did the coach say?”
- “Well, remember to work on that in practice with your coach.”
- “I liked \_\_\_\_\_. (your effort, your start, turn, stroke – SOMETHING POSITIVE!)”
- “I am disappointed FOR YOU (not in you or your performance).”
- “That’s not like you. You will do better next time.”
- “At least you learned something, so that makes it a successful swim.”
- “I love watching you race. I love you!”
- “Be sure to drink lots of water.”

**SAY THESE THINGS AND MEAN THEM!**



# When the athlete comes back to you after a “great” swim, ask/say:

- “What did the coach say?”
- “Well, remember to work on that in practice with your coach.”
- “I liked \_\_\_\_\_. (your effort, your start, turn, stroke – SOMETHING POSITIVE!)”
- “I am excited FOR YOU (not ‘in’ you).”
- “That’s awesome.”
- “You learned something, so that makes it a successful swim.”
- “I love watching you race. I love you!”
- “Be sure to drink lots of water.”

**SAY THESE THINGS AND MEAN THEM!**



# Talking With A Child After A Race – Good or Bad

- Be Sensitive.
- Keep things in perspective.
- Life Goes On!





# Parents Behaving Badly

- Yelling at or yelling for??
- Arguing with officials
- Arguing with or berating the coach
- Embarrassing behavior: what would your child say if he saw you??
  - Excessive screaming
  - Running along the pool deck







# The Post-Practice Analysis and Speech



**“...and you’ve got to kick harder in practice...”**



**OOOOOPS!  
BUSTED!**



# What do swimmers want?

- Your presence
- Your support
- Don't try to coach
  - Don't criticize
  - Don't critique





# Goal Setting: What can a parent do?

## Encourage:

- Dreams (but understand that they don't provide real motivation for young kids)
- *Process* rather than *outcome* goals
- Reinforce coach emphasis
- Challenging but *realistic* goals





# Remember: Keep Things Balanced

- ✓ Family
- ✓ Studies
- ✓ Friends
- ✓ Other Activities



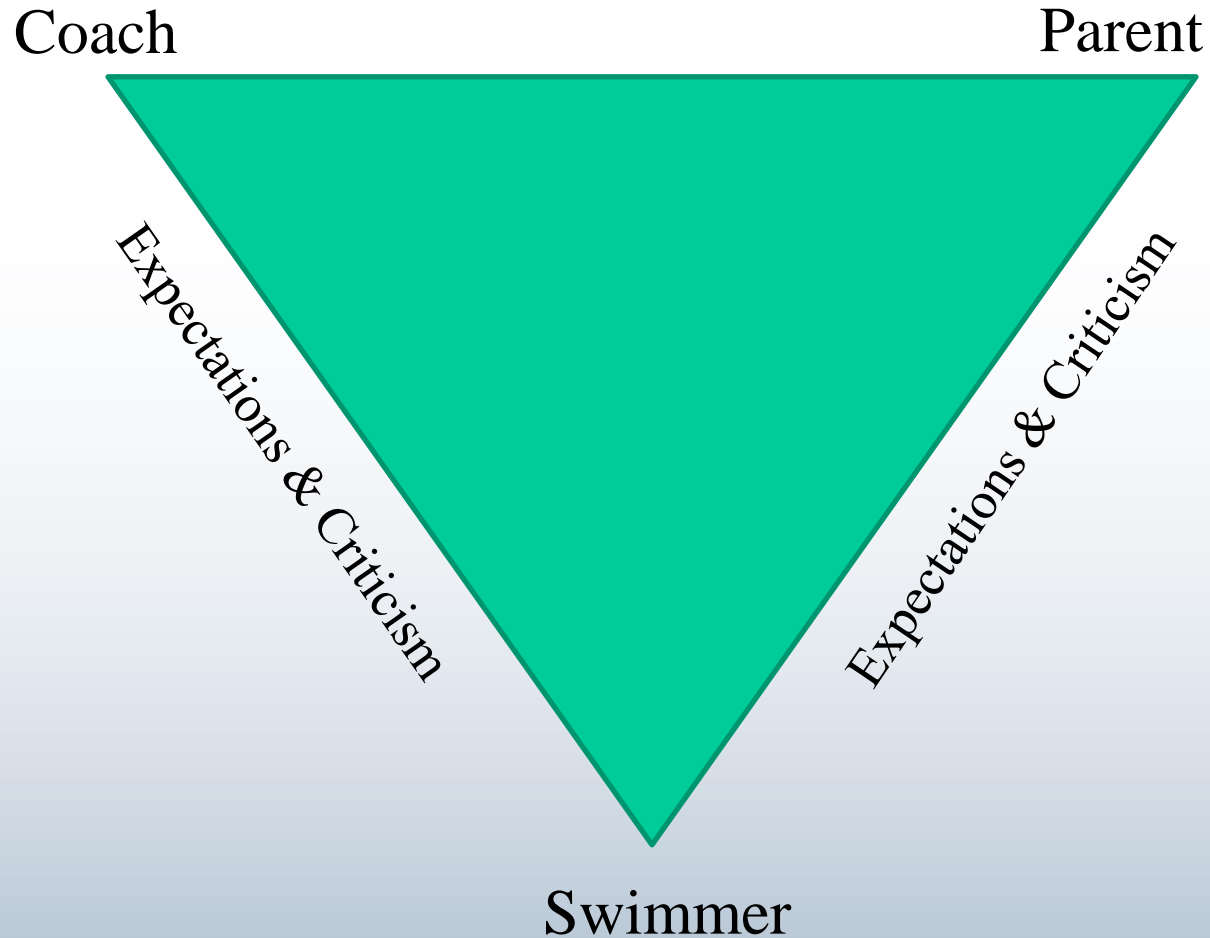


# Your team and the coach



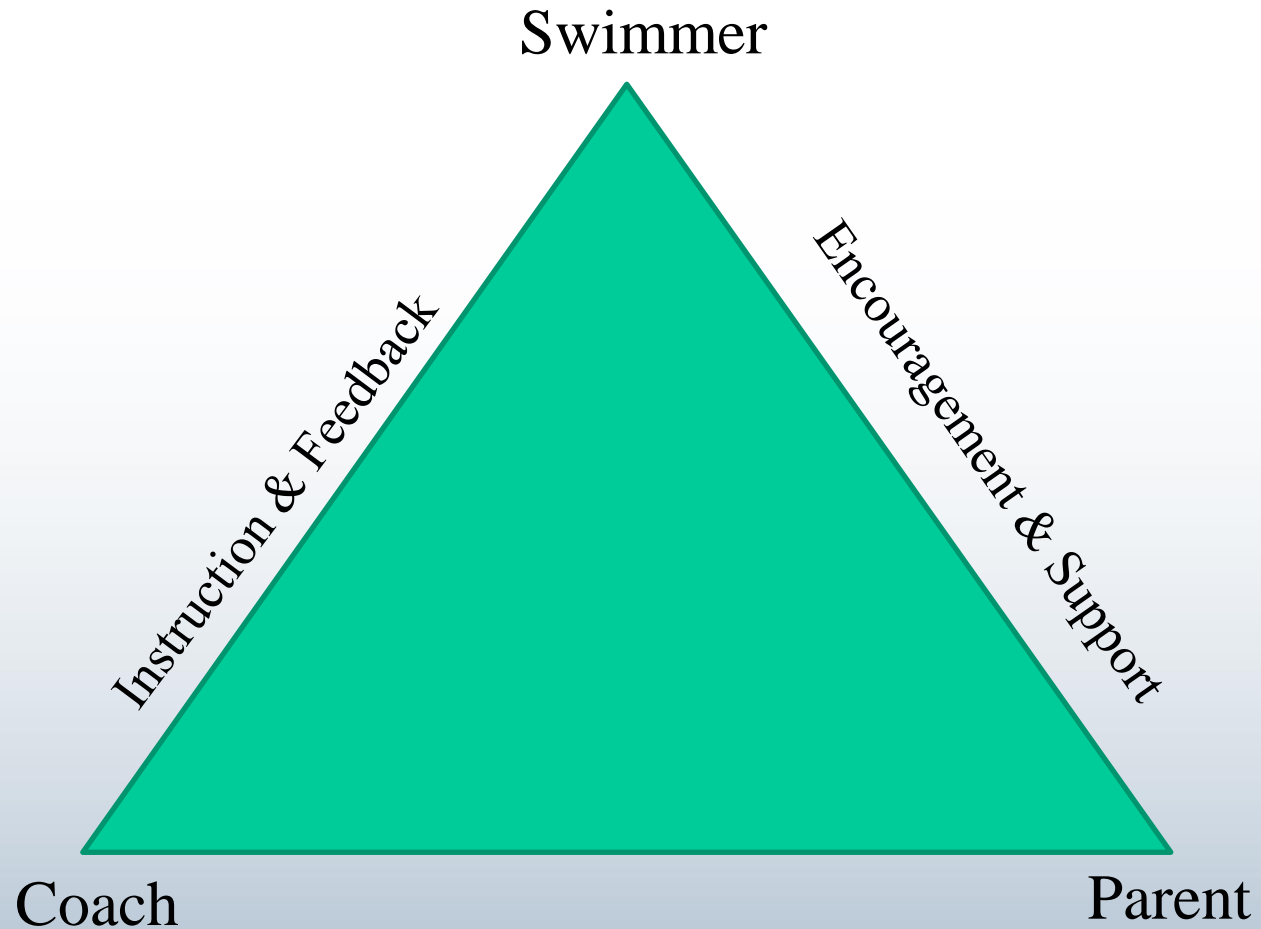


# The Triangle





# The Triangle





# Team Mission Statement

- ✓ Most important factor in determining success
- ✓ Stated and written
- ✓ Establishes values
- ✓ Guides decision making
- ✓ Directs long and short term goals
- ✓ Establishes basic structure of team
- ✓ Guides financial planning
- ✓ Enhances opportunities for success





# Your Role on Your Team..... Why Is It Always Me?

- 2% “Leaders”
- 5-10% “Doers”
- 15-20% “Do Somethings”
- 68-78% “Belongers”





# Be An Involved Parent

- Be An Official
- Be A Timer
- Be A Representative To The LSC
- Help With Maintenance
- Volunteer to Chaperone
- Bring Refreshments
- Do a Newsletter
- Order Team Equipment
- Plan a Banquet, Picnic or Team Outing
- Serve on the Board
- Be the “Dumb Question Lady”



# ... But Not Too Involved

- Are you becoming a pressure parent?
- Remember which one of you is the athlete!
- Take an inventory of your activities...are you spending all of your time on the Swim Team?
- Has Swimming become your life?
- Are you driving the coach crazy?
- Are you a member of the Parking Lot Committee?
  - ❖ Maybe it's time to back off a little bit.....



# What should you expect from your coach?





# What parents want the coach to know about their child

“Coach, I want you to:

1. Remember that my child is an individual with many interests and talents
2. Know about kids and their development
3. Know the sport of swimming
4. Remember that winning isn't everything
5. Be a role model for my child.
6. Be organized and keep me informed well in advance.”



# What should the coach expect from you?





# What coaches want parents to know about them and the team

“Parents, we want you to:

1. Encourage and support your child without pressuring.
2. Arrive on time, ready for practice and meets.
3. Remember your child is just one member of the TEAM.
4. Help out when asked.
5. Model good sportsmanship at all times.
6. Address your concerns appropriately.”



# Need further resources?

- VISIT THE PARENTS SECTION
  - Go to [www.usaswimming.org](http://www.usaswimming.org)
  - Click Member Resources/Parents tab!
- Talk to the coach
- Talk with other parents who have gone through the process





# In Summary

- Kids swim to have fun, be with friends and learn new skills.
- Over 50% of great swimmers develop after their Junior year in High School.
- Make sure your kids eat colorful foods and stay hydrated!
- Your #1 responsibility as parents is to provide a supportive, loving environment for your children.
- Let the coach do the coaching while you get involved in a positive way with the team.



# Try to Remember....

Not every child is going to be an Olympian. In fact, your child's chance of making the Olympic team is slim but the life lessons learned from swimming far outweigh any material rewards he or she might receive. Keep your child involved!





# Swimming Beyond the Club





# High School-All grown up now!

- **New Adult Issues**
- **Boys and Girls and Cooties!**
- **Changing bodies**
- **Drugs/Alcohol and social pressures**
- **Working**
- **Driving**
- **Choices and Decisions**





# Speaking of High School... Swimming

- Positives and Negatives...
- Peer Pressure/recognition
- “Necessary” for College?





# The college decision





# College Swimming... Overwhelmed at the thought



**Do your homework...**



**Focus...**



**Get help!**



# Finding a good fit

- **Academics**
- **Size and Location**
- **Cost**
- **Division/Scholarship**







# What are the club coach's responsibilities?

- Educate the swimmer/family
- Contact the college coaches
- Communicate rules and regulations
- Make suggestions in the process



# What are the parent's responsibilities?

- Meet with the HS guidance office with child
- NCAA.org
- Keep your child organized and on track
- **DO NOT WRITE THE LETTERS OR MAKE THE PHONE CALLS!**





# What are the athlete's responsibilities?

- Athletic resume
- Browse web sites and meet results
- Initial research and contacts
- Visits and questions
- Early signing?
- **WRITE THE LETTERS AND MAKE THE PHONE CALLS**



# What are the college coach's responsibilities?

- Provide basic information
- Answer questions
- Set-up visits
- Know and Follow NCAA rules



# Recruiting Timeline

- **Freshman/Sophomore year:**
  - Do your research
  - Prepare a list of schools of interest
  - Fill out questionnaires on college websites
  - Develop a list of questions to ask coaches
  - Visit [www.ncaa.org](http://www.ncaa.org)



# Recruiting Timeline

- **Junior year:**
  - Review, update, and narrow your list of potential schools
  - Send updated information to schools still on list
  - Schedule and take unofficial visits
  - Register with the NCAA clearinghouse
  - September 1 coaches can send recruiting materials via mail



# Recruiting Timeline

- **July 1 between junior and Senior year:**
  - College coaches can begin calling on July 1
  - Update your list of schools
  - Inform schools you are no longer interested in attending
  - Commit to college visits (you are allowed 5 official visits)



# Recruiting Timeline

- **Senior year:**
  - Take your campus visits
  - Keep notes of each visit
  - The final decision/signing periods





## More Resources

- [www.usaswimming.org](http://www.usaswimming.org)
- [www.ncaa.org](http://www.ncaa.org)
- [www.collegeswimming.com](http://www.collegeswimming.com)
- Talk with other parents who have gone through the process



# Questions?

**Thank you for being here today to support the sport of swimming and your child(ren) and their team.**

**Specials thanks to the Wyoming Swimming LSC for hosting this Swimposium!**



*Thank you!*

