



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

10 COMMANDMENTS FOR SWIM TEAM PARENTS

I. Thou shall not impose thy ambitions on thy child.

* Swimming is your child's activity

II. Thou shall be supportive no matter what.

* Focus on positives- don't criticize stroke or times.

III. Thou shall not Coach thy child.

* Your job is to provide love and support.

IV. Thou shall only have positive things to say at a meet.

* Yelling at and cheering for are not the same thing.

V. Thou shall acknowledge thy child's fears.

* New experiences are stressful, support is needed.

VI. Thou shall not criticize officials.

* They are volunteers, they are parents too!

VII. Honor thy child's coach.

* The bond between swimmer and coach is special; never criticize coach in the presence of a swimmer.

VIII. Thou shall be loyal and supportive of the team.

* It is not always wise to jump from club to club. If leaving, wait until seasons end and let coaching staff know.

IX. Thy child shall have goals besides winning.

* Giving an honest effort regardless of outcome is much more important than winning.

X. Thou shall not expect thy child to become an Olympian.

* Your child's odds of becoming one are about .0002%. Chances of your child will swim their entire life if supported, positively encouraged and they love to swim 100%.

We need and appreciate your support!

For more information, please contact BCY Swim Coaches.