



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 10

# COMMANDMENTS

## **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](#).