



THE ROLE OF A CLUB SWIM PARENT

As a parent or guardian of a club swimmer, you will take on many roles at various stages of their growth and development: everything from chauffeur to nutritionist, financial planner to logistics coordinator and counselor to confidant. With an ever expanding list, it is helpful for club swim parents and guardians to stay focused on cultivating these six essential habits:

- 1 Prioritize your Relationship with your Child**
Your relationship with your child is more important than their sporting success. Look to create a positive and supportive environment at home, where unconditional support and love are given regardless of success.
- 2 Find Ways to Balance Sport & Life**
Pay attention to the needs of your child amidst the intensity and demands of high-performance sport. Protect time for family, friends, play, study, nutrition and rest, as you help to build the holistic person.
- 3 Foster Independence**
Understand that high performance sport is about developing important skills that enhance peak performance in life and sport. Encourage your child to incrementally take ownership of their sporting journey as they progress in experience and maturity.
- 4 Bolster Resilience**
Understand and model that setbacks are part of the sporting and life journey, and that resilience is central to personal and performance success. Find ways to celebrate effort and progress, acknowledging the pain of hardships and the value of persistence.
- 5 Understand the Realities of Elite Sport**
Learn about the sport, the people, and the athlete pathway. Understand the expectations of the sport and the realities of making it to the top and continue to learn how you can best support your child at home and in sport.
- 6 Recognize You are Part of a Support Team**
Recognise that you are part of a broader team that is guided by the sport. Build your child's connection to their coach and support team and support your child to speak up for themselves as your child progresses in age and maturity.



What an Elite Club Swimming Parent Looks Like

- ▶ **Prioritizes the Parent-Child Bond** - you are a parent first, show them unconditional love regardless of performance outcomes.
- ▶ **Promotes Balance** - make space for friends, sport, study and the other fun things in life.
- ▶ **Fosters Independence** - encourage your swimmer on their own journey.
- ▶ **Builds Resilience** - help them see setbacks as growth opportunities, celebrate effort over results.
- ▶ **Understands the Swimming Landscape** - stay informed and realistic about long-term outcomes.
- ▶ **Is a Team Player** - respect the coach-athlete relationship, support your swimmer in becoming their own advocate.