



# S<sup>3</sup> Boot Camp

## SURVIVING SUMMER SWIM

Willows Wave | 2019

Not quite the zombie apocalypse but it sure can feel like it: tips and tricks to keep yourself comfortable, save your sanity, and survive the summer swim season!

## Overhead or in over your head?

Having the right swim gear can make all the difference.

- From goggles to caps to suits – what’s the difference maker?

## What’s a meet sheet?

- When is my swimmer actually swimming? And what are they writing on their arms? Should I invest in Sharpie stock?

## What is a heat or is it just hot?

- What’s the difference between the heats? What if my swimmer isn’t in the first heat?

## Who are the people in White shirts and why are they DQing my kid?

- What do officials do? Why is disqualifying important for the swimmers?

## Why exactly did my kid get DQ’d?

- What are the strokes? How does a swimmer get disqualified?

## You’re doing a great job or how can I support my swimmer?

- How can I support my swimmer better?
  - Respect for the sport and fellow swimmers
  - Nutrition, exercise, and rest

## What do you mean I can’t yell on the deck?

- How to be a successful swim parent
  - Always tell your swimmer they did a great job! No matter what!

- Set goals – achievable and maybe achievable
- Never coach your swimmer – that’s not your job
- Always say positive things about your swimmer and other swimmers – set the good example
- Understand your child may be scared – have you ever dove off a block?
- Don’t criticize officials or parents – we are all volunteers
- Honor and respect the coaches – the bond between swimmer and coach is special and should never be criticized in the presence of your swimmer
- Challenge yourself to have fun – as much as your swimmer is having fun, as parents, you should challenge yourselves to have fun, too

**Always remember – this is your child’s activity – not yours!**