



## **Coach-Parent-Swimmer Relationships**

At Waitemata Synchro Club we acknowledge the different and important roles played by coaches, parents and swimmers and the contribution of each to the success of the swimmer. As with all relationships each individual will have different skills/knowledge, characteristics and philosophies which affect the boundaries of the relationship, but with this coaching philosophy we hope to establish the kinds of mutually beneficial relationships which will achieve the best for the swimmer.

- 1) We recognise that both parents and coaches have the swimmers' best interests at heart.
- 2) We recognise that the parents bring a lifetime of knowledge about the character and strengths of the swimmer (to date). We recognise that the coach brings experience of what is required for success in this sport and what is possible if the training process is followed. We recognise that the coach's expectations are based on coaching similar ages and abilities through similar exercises.
- 3) We recognise that each family may have a different set of values and approaches to "getting things done". Similarly, the club and the coaches have a set of values expressed in the club mission statement and refined each year by the swimmers and coaches on each team. As a sport club we endorse competitiveness; as a team we recognise the need to co-operate with each other to bring out our best performances. It is important that in areas which relate to the sport the club values are maintained as this creates a uniform and strong base which supports the entire club.
- 4) We appreciate that parents may wish to help the swimmer advance their skills, but it is important that the coach maintains "coaching control". We ask that the coach, coaching instructions and club decisions are supported by the athletes' families (for example: calls for participation in the competition, organization of transfers, training times) - please do not discuss coaching issues at home without a thorough understanding of the technical and administrative details involved. This can be misleading, confusing or demoralising for the swimmer. Please accept and respect the judges decisions - your disappointment can become an alibi for your daughter/son.
- 5) Please could parents / caregivers who remain at the pool for the duration of the training session stay in the seating at the pool and not be on the poolside deck. Please limit parent – athlete communication during training to necessities as this is distracting for all swimmers and coach.
- 6) It is important that parents support child's efforts and performance (i.e. cheer your team). It is important thank the coaches, officials and other volunteers who give their time to conduct the event for your child.
- 7) There may be areas where parents are asked for assistance around the pool if parents have a skill set which is relevant to our coaching, but there are many other invaluable ways for parents to assist their children. These include, ensuring punctuality at the pool, encouraging consistent attendance, maintaining correct nutrition and sleep patterns, advising of absences well in advance, transport, helping with togs and head dresses, etc. Other areas where parent help is sought is assisting on the committee, fund raising and team managing. Being a small, not-for-profit organisation we always need extra volunteers to help with this aspect.
- 8) If parents would like to learn to coach or judge this is VERY WELCOME, and there are courses or "shadowing experiences" which can be arranged. Please talk to the Head Coach for details.
- 9) We encourage clear and timely communication between coaches and parents covering all aspects of the training and competitive sessions. It is important for coaches to be informed about any health or emotional problems experienced by the swimmer which may affect training or competitions (including injuries, learning difficulties or behavioural issues). It is important for parents to be informed about the swimmers' progress, attitude and planned athlete pathway. It is also important for coaches to communicate well in advance about the anticipated equipment and travel requirements for the season. Coaches should be accessible by email or text and should respond within a reasonable period, but should not be distracted during coaching time as this takes time away from all the swimmers. More serious problems or queries can be discussed with head coach.
- 10) We appreciate that parents/caregivers foster a positive training and competition environment of all swimmers in all situations by adopting the values of team spirit, team loyalty and unity.
- 11) Please encourage your child to play within the rules and code of conduct of the Club.