

## Let the Coach Do the Coaching (12/1/2005 - usaswimming.org)

When parents take on the roles and responsibility of the coach, it takes away from the fun in swimming. Critiquing races, offering suggestions on what went wrong or how to improve, and placing expectations on performance are examples of things parents do that tend to decrease the kids' enjoyment. You must trust the coach to guide your child's sports experience and you must be able to accept the coach's authority. Not only will your instruction and criticism diminish your child's enjoyment, it might also confuse the child, leaving him to wonder who he should listen to or who is giving the correct advice. The coach-athlete bond can be a very strong one. Some of the admiration and respect once directed solely to you now must be shared with the coach. Provide support and resist the urge to compete with the coach! Respect the coach and do not criticize the coach in front of your child. If you have serious concerns about the instruction or advice your child is receiving, make an appointment to speak to the coach privately to discuss your concerns.