

# The Weekly Splash

September 16, 2011

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## News For SWIM PARENTS

Published by The American Swimming Coaches Association, 5101 NW 21 Ave., Suite 200- Fort Lauderdale FL 33309  
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### Parents "Are you a Winning Parent?"

Reprinted from Competitive Advantage – Sports Psychology Services and Resources

[http://www.competitivedge.com/questionnaire\\_parents.htm](http://www.competitivedge.com/questionnaire_parents.htm)

Do you really want your child to excel and go as far as possible in his/her sport? Do you want him or her to have fun and feel good about him/herself? Would you like to help your child avoid becoming a dropout statistic? If your answers are "yes" to these questions then it is critical that you play the "right" role on the parent-coach-athlete team. Be supportive! Be your child's best fan! DON'T coach! (Unless you are the coach or your child comes to you and WANTS your feedback!) Take this questionnaire to see if you're doing everything possible to help your child have a successful and healthy sports experience.

Answer each question with a 1, 2, 3 or 4. 1 = never true; 2 = occasionally true; 3 = mostly true; 4 = always true.

- 1) I get really frustrated and upset when my child performs below his/her capabilities.
- 2) I give my child critical feedback on his/her performance after each game.
- 3) If I didn't push my child, he/she wouldn't practice.
- 4) If my child doesn't excel and win, I see very little point in them participating in their sport.
- 5) I can be very critical when my child makes mistakes or loses.
- 6) I set goals with my child in relation to their sport.
- 7) I think it's my job to motivate my child to get better.
- 8) I feel angry and embarrassed when my child performs poorly.
- 9) The most important thing for my child's sport participation is that they have fun.
- 10) I get really upset with bad calls by the officials.
- 11) Most coaches don't know what they are talking about.
- 12) I keep a performance log/journal/statistics on my child's performance so we can monitor his/her progress.
- 13) I feel guilty about some of the things I say to my child after they play.



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- 14) I try to watch most practices so that I can correct my child when he makes mistakes.
- 15) When my child fails I can feel his pain and disappointment.
- 16) I think it's important that my child gets used to having coaches yell at him/her to help prepare him/her for life.
- 17) My spouse and I argue about how I treat my son/daughter in relation to his/her sport.
- 18) I try to help my child keep his/her failures and the sport in perspective.
- 19) I'm never very concerned about the outcome of my child's game/match/race.
- 20) I will not allow my child to be put down or yelled at by a coach.
- 21) If my child wasn't so defensive when it comes to my feedback, he/she could become a better athlete.
- 22) It's not my job to evaluate or criticize my child's performances.
- 23) I feel that my child owes us a certain performance level given all the sacrifices we've made for him/her.
- 24) I believe my child's sport belongs to him/her and not to me.
- 25) I just want my child to feel good about him/herself and be happy when he/she plays.

### SCORING

Add scores for questions #1-8, 10-14, 16, 17, 21 & 23. (If you answered question #2 with a "mostly true" you add 3 points to the total score.) Subtract scores for questions #9, 15, 18-20, 22, 24, & 25.

### INTERPRETATION

The higher the score, the more potential damage that you are doing to your child. High scores indicate that you are playing the wrong role on the team and if you continue, you will increase the chances of your child burning out, struggling with performance problems and dropping out. Low scores mean that you are on track and doing the things necessary to insure that your child has a positive and life-enriching sports experience. If you scored a:

**60 – 50:** You are doing everything in your power to seriously damage your child's self-esteem, ruin their sports experience and make them a candidate for long-term psychotherapy later on in their life. If you continue your ways, your child will most likely drop out of sports. If you force them to continue, chances are good that they will struggle with serious performance problems. On the off chance that they do achieve success, they will not be able to appreciate what they've accomplished. Finally, your long-term relationship with them will be seriously jeopardized because of your lack of perspective and behaviors.

**49 – 39:** You are not being supportive enough and are doing too many things wrong. You are over-involved and putting too much pressure on your child. You need to back down, chill out and let them enjoy their sport. This kind of a parental stance will drive your child out of sports.

**38 – 20:** You're OK, but you need some help getting unhooked. You need to be more consistently supportive and take less of a pushing/coaching role.

**19 – 16:** You are pretty much on track as a parent. You are positive and doing most of the right things to insure your child has a positive youth sports experience.

**0 – 15:** BRAVO!!!! You are truly a winning parent. You can give workshops to other parents on how to help your child become successful in their sport.

*News for Swim Parents is a weekly newsletter with a single article published by ASCA, American Swim Coaches Association. CRAA has contracted with ASCA for the rights to publish this newsletter with our club's weekly newsletter. Above is this week's edition of News for Swim Parents.*



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# Practice Schedule Changes for the week of September 20

Tuesday, September 20<sup>th</sup>

Rookies - 6:30-7:00pm at Coe  
Junior I - 7:00-7:50pm at Coe  
Junior II - 6:30-8:00pm at Coe  
High School – 7:15-8:15 PM at Coe  
Silver – 6:15-7:45 PM at Coe  
Gold – 5:00-6:30 PM at Coe  
National – 5:00-6:30 PM at Coe

## CIA Fall Mixer

Meet information is now available for the CIA Fall Mixer on the CRAA website. This is an Open meet for all age groups and will be held on October 1-2 at West Des Moines Valley High School. CRAA Entries for this meet are due by September 21<sup>st</sup>. You can sign-up for this meet on the CRAA website or email the coaching staff.

The following swimmers have already entered this meet:

Kelsey Drake  
Eric Ford

Rachel Velazquez  
Ethan Ford

Sarah Velazquez  
Ian Ford

Cameron Kelley

## CRAA/Lane 4/IFly Tri Meet

Recently added to our list of meets for the season, meet information is now available for the CRAA/L4/IFly Tri-meet on the CRAA website. This meet will be held on October 9<sup>th</sup> at the University of Iowa Aquatic Center. Swimmers may enter events in which they do not yet have an A time or faster. CRAA Entries for this meet are due by September 29<sup>th</sup>. You can sign-up for this meet on the CRAA website or email the coaching staff.

## DMET Fall Invitational

Meet information is now available for the DMET Fall Invitational on the CRAA website. This is an Open meet for all age groups and will be held on October 15<sup>th</sup>-16th at Davenport West High School. CRAA Entries for this meet are due by October 1<sup>st</sup>. You can sign-up for this meet on the CRAA website or email the coaching staff.

## GNST Winter SWIMvitational

Also recently added to our meet schedule is the GNST Winter SWIMvitational. The meet information is available on the CRAA website. This is a B+ meet for 13 & over swimmers and an open meet for 11 & under swimmer. The meet will be held at the Bob Devaney Sports Center Natatorium at the University of Nebraska. CRAA Entries for this meet are due by November 15<sup>th</sup>. You can sign-up for this meet on the CRAA website or email the coaching staff.



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# What to Bring to Practice

- Rookies** - suit, goggles, cap, towel, water bottle
- Junior I** - suit, goggles, cap, towel, water bottle, **Optimus training fins**
- Junior II** - suit, goggles, cap, towel, water bottle, **Optimus training fins, Finis center mount snorkel**, (A nose plug is beneficial as the majority of swimmers find it easier to use the snorkel when wearing a nose plug.)
- Bronze** - suit, goggles, cap, towel, water bottle, **Optimus training fins, Finis center mount snorkel**, (A nose plug is beneficial as the majority of swimmers find it easier to use the snorkel when wearing a nose plug.)
- Silver** - suit, goggles, cap, towel, water bottle, fins, **Finis center mount snorkel**, (A nose plug is beneficial as the majority of swimmers find it easier to use the snorkel when wearing a nose plug)
- Gold** - suit, goggles, cap, towel, water bottle, fins, **Finis center mount snorkel**, equipment bag
- National** - suit, goggles, cap, towel, water bottle, fins, Finis center mount snorkel, paddles, kick boards, equipment bag
- High School Prep** - suit, goggles, cap, towel, water bottle

All swimmers are encouraged to bring their own water bottle to practice to stay hydrated during practice. Swimmers are discouraged from sharing the contents of their water bottles.

Swimmers are not required to wear caps during practice, but may if they so choose. Fins and snorkel are optional equipment but are beneficial in helping swimmers develop better kicking and swimming technique.

CRAA recommends that all swimmers carry an extra cap, suit, and pair of goggles, just in case. Coaches do not carry extra items to loan for practice and the facilities do not regularly have extras to loan. Clearly label all items. Swimmers should bring their bags, clothes, etc. onto the pool deck with them. CRAA is not responsible for items lost or left in the stands or locker rooms during or after practice.

## CRAA Facebook & Twitter Page

Follow CRAA on Facebook. Search for CRAA the next time you are on Facebook and request to join. The Facebook website is: <http://www.facebook.com>.

Also follow CRAA using Twitter. Individuals can now follow CRAAswim on Twitter and get up to the minute updates coming right from the pool deck at our meets! The website is: <http://twitter.com>.

If you have any questions on how to set-up an account for either of these websites, please contact Brian by email at [bruffles@coe.edu](mailto:bruffles@coe.edu) or by phone at 716-597-7671.



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