



Don't Fall into the Trap DO NOT...

- Criticize your child for his or her swimming performance
- Critique your child immediately following the swim meet or practice, or during the car ride home.
- Allow swimming to dominate your child's life.
- Exert pressure to win.
- Treat your child differently dependent upon whether he or she won or lost.
- Put your interests ahead of your child's.
- Getting too "caught up" in sport and making it over-important.
- Belittle the opponent's talent or preparation.
- Make all the decisions for your child.
- Advise the coach on how to do the job.
- Make insulting comments to athletes, parents, officials, or coaches of other teams.
- Drink alcohol at sports events or come to one having had too many drinks

