

Developing independent and responsible athletes & individuals is one of our primary goals. We want our athletes to take ownership over their sport. I've outlined a few different ways that parents can help us develop independence in a swimming environment, both at practices and at meets. Please read through the following, this pertains particularly to families signed up for the meet this weekend but also applies to our practices and to future meets.

We know that at a young age it can be difficult to navigate the meet set up. We appreciate parent support in making sure that swimmers understand the meet procedures and also know that swimmers will make some mistakes -- we feel that this is part of the learning process.

**Swim bag:** The swimmer should always carry their own swim bag . Please allow your child to pack their own bag when they are old enough. For younger (10 and under) swimmers, parents can double check to make sure they have everything needed. 11 & Overs should be fully responsible.

**Meet check-in:** Swimmers should check in on their own and are also responsible for checking their heats and lanes before the race. Parents of younger swimmers are encouraged to double check to make sure they got it right (double check separate from the swimmer, unless they are new to meets).

**Meet Warm Ups:** Warm Up is for swimmers, parents should not approach the warm up pool. We know it is tempting to hold your child's towel, especially when it's cold. Swimmers will carry their own towel and leave it behind the blocks as they warm up. Same idea for practice... let the swimmers do it themselves. Give space for the swimmer to finish warming up, get out of practice, or participate in the team cheer without parent involvement.

**Coaches Tent:** The coaches tent/area is for the swimmers to get advice and feedback before and after each race. Parents are asked not to approach the tent unless there is a pressing issue. It is PASA team policy (all sites) that parents are not allowed in the tent.

**Communication:** All swimmers are encouraged to communicate with the coaching staff about all training and competition related issues. We ask that the parents allow for this to happen, and contact us if there are any pressing issues.

**Support:** We rely on our parents to always give positive & supportive feedback to their children. Parents are welcome to ask the child what he/she thought about practice or a race, or what the coach said, but please do not give any of your own specific feedback. It is best for the athlete to hear this from one person, and that person is their coach.

Thank you to all parents for your support!