

## Are You a Pressure Parent?

The following survey has been taken from the Amateur Swimming Association. If you answer 'yes' to one or more of these questions, you may be in danger of putting undue pressure on your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a *positive* experience for your child.

- ★ Is winning more important to you than it is to your child?
- ★ When your child has a poor swim, is your disappointment, such as through body language or vocal tones, obvious?
- ★ Do you feel that you are the one to have to "psyche" your child up before competition?
- ★ Do you feel that winning is the only way your child can enjoy the sport?
- ★ Do you conduct "post mortems" immediately after competition or practice?
- ★ Do you feel that you have to force your child to go to practice?
- ★ Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- ★ Do you find yourself disliking your child's opponents?
- ★ Are your child's goals more important to you than they are to your child?
- ★ Do you provide material rewards for performance?