



Policy for Parents Watching Training Sessions

Leander's coaches encourage parents to watch training sessions from time to time. It's probably not best to watch every session, nor is it healthy never to come to the pool. The reality of transporting young athletes and lift-shares is that many parents are present every day, however you don't necessarily need to watch every minute. Here are some important guidelines to keep in mind when observing training.

Firstly, young swimmers want their parents' approval more than anything. If they know you are watching, it's only natural for some of their attention to be directed at you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention. We therefore ask you **not** to try to communicate with your child during training and compete with the coach for his/her attention.

Secondly, we insist that parents do not interrupt the coaches on poolside while they are coaching. If you need to talk to a coach, please do so before or after training (if they are not coaching another group).

Third, our coaches spend a considerable amount of time planning weekly training sessions for each of their groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week. If you have not attended all training sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have an important purpose in teaching skills (ie. one-arm fly or breaststroke with fly kick). With these various reasons in mind, we ask parents to stay off poolside during training and not attempt to coach your child based on what you observe at a session. Your cooperation and support in this matter is greatly appreciated. Please contact your child's coach if you have any questions.