4 tips to get you started as a swim parent

Taxi driver, cook, alarm clock, therapist, and lifestyle guide are just a few of the roles you have to get used to as a swim parent. If you are becoming a swim parent you may as well start learning now.

The role of swim parent in the life of a young swimmer cannot be underestimated. As a parent you are central to the sport. Without you there would be no sport; it’s as simple as that. Thank you.

So, what are the key things you need to know? Well here are 4 things to get you started.

Swim parent tips

1. A happy swimmer is a fast swimmer – creating and maintaining a steady routine and a balanced lifestyle will help your child reach their potential, both in and out of the pool. You can largely leave what goes on in the pool to the coach, but outside of the pool there are no ends to positive influence you can have. Parents make champions as much as coaches.
2. It’s all about support – whether through words of encouragement, or even just a friendly face at the end of an exhausting day’s training, supporting your child is key. This doesn’t mean pacing up and down the balcony with a stopwatch, or knowing every one of your child’s PBs. You need to be a guiding figure who can help them find a happy balance between swimming, school and a social life, while offering unconditional love and support regardless of whether or not they’re the next big thing.
3. Get an alarm clock – one of the downsides of being a swimmer is the extremely early starts; morning training starts at the crack of dawn. Your child needs to be up and about, fed and on time to the pool. And this is all before a productive day at school, and a possible second training session after school, before being back in bed at a reasonable time ready to do it all again the next day. It’s no easy task tackling the early mornings, but helping to establish routine should help them find the right path.
4. Me-time is vital – find time for yourself in all this. Get stuck in to a good book during training or head out for a stroll while the swim session is on. You could even team up with another parent to share lifts and take it in turns. Either way, get some time for yourself.