

# PARENTS



Nurture



Commitment



Encourage



Support

# GUIDE



Academy



Competitive & Fast Track

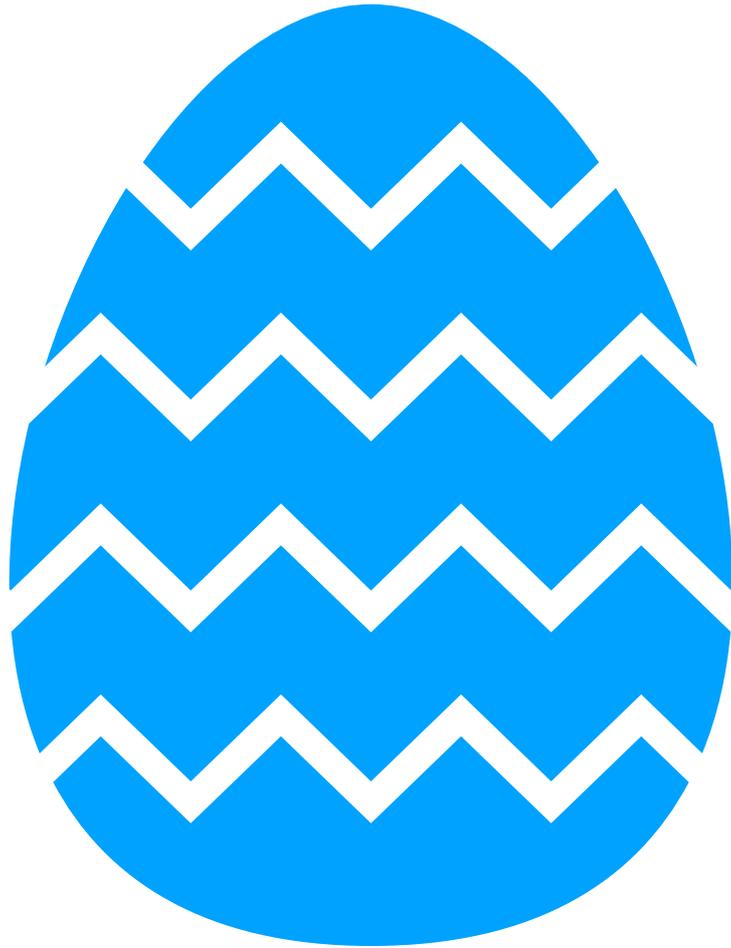


High Performance and Elite  
(Age Group)



High Performance and Elite  
(Youth and Senior)

# ACADEMY



**Nurture - Commitment - Encourage - Support**

# ACADEMY

At this stage of a swimmer's development, parents should be fully involved in the swimmer's developmental process and communication will be between the parent, swimmer and the coach.

Parents are encouraged to watch their child in the swimming session and to be aware of their child's training behaviour and recognise their ability. We expect that the parents will assist in supporting the coach's development plan.

## Training

Swimmers should aim to arrive 10-15 minutes before the training session starts and to be ready on time with the correct equipment. Parents should encourage their child to carry their own kit bag and rucksack to and from every session.

Parents are encouraged to attend all training sessions and to be fully aware of their child's training effort and behaviour. Parents must supervise younger swimmers while they are using the changing facilities.

Parents must notify the coach of a child's absence or lateness through the Class Manager.

## Expectations and Progression

Swimmers should work hard in every session and try to incorporate the coaches instructions. Parents should be fully aware of the criteria, available on the website, and encourage their child to communicate with the squad coach on all aspects of training including future progression.

## Parent and Coach Communication

Squad coaches are normally available to chat after most training sessions and parents are encouraged to communicate during this time. To ensure the coach is available, we advise parents to communicate with the squad's Class Manager prior to the session. If you would like a longer/private meeting with the coach please contact the Class Manager to arrange this. All email communication should be through the Class Manager.

## Competitions

Parents need to be fully aware of the Academy competition calendar and try to attend every meet assigned to the squad. Competition entries should be communicated between coach and swimmer. To facilitate this, the swimmer should provide the coach with a list of the races they wish to enter and qualify for, at least a week prior to the closing date. The coach will discuss the race schedule with the swimmer and mark the list accordingly. Parents should complete and submit the entry form.

During competitions swimmers must sit with the team. Parents are discouraged from communicating with their child during the sessions, unless it is an emergency.

Swimmers should have enough food and water to support them through each racing session.

# COMPETITIVE & FAST TRACK



**Commitment - Encourage - Support**

## **COMPETITIVE & FAST-TRACK**

At this stage of a swimmer's development, parents are still very involved and should maintain communication with the coach. Swimmers are encouraged to communicate to a greater degree with the coach on their personal competitive development.

Parents are encouraged to be fully aware of their child's training behaviour, ability and will be expected to encourage their child to begin to take ownership of their own development.

### **Training**

Parents are encouraged to attend most of the training sessions and to be fully aware of their child's training effort and behaviour.

Swimmers should aim to arrive 10-15 minutes before the training session starts and to be ready on time with the correct equipment. Parents must notify the coach of a child's absence or lateness through the Class Manager.

Swimmers should carry their own kit bag and rucksack to and from every session.

### **Expectations and Progression**

Parents should be fully aware of the criteria, available on the website and encourage their child to communicate with the squad coach on future progression.

Swimmers should consistently fulfil the current squad criteria and aim to train at the level of the squad above. If swimmers are not consistently fulfilling the current squad criteria, their progression will be reviewed in a meeting with the coach, swimmer and parent.

### **Parent and Coach Communication**

Squad coaches are normally available to chat after most training sessions and parents are encouraged to communicate during this time. To ensure the coach is available we advise parents to communicate with the squad's Class Manager prior to the session. All email communication should be submitted through the class manager.

### **Competitions**

Parents should be fully aware of the Competitive competition calendar and try to attend every meet assigned to the squad. Competition entries should be communicated between coach and swimmer.

During competitions, swimmers must sit with the team during racing. Parents are asked to only communicate with swimmers in the session intervals unless it is an emergency. Swimmers should have enough food and water to support them through each racing session.

# ELITE & HIGH PERFORMANCE AGE GROUP



**Encourage - Support**

## **ELITE & HIGH PERFORMANCE (Age Group)**

At this stage of a swimmer's development, parents are encouraged to take a step back from their previous involvement but maintain good communication with the coach. Swimmers should have consistent communication with the coach on their personal competitive development.

Parents are encouraged to be fully aware of their child's training behaviour and ability but their child should take responsibility for their competitive development and training decisions.

### **Training**

Swimmers have to carry their own kit bag and rucksack to and from every session. Parents are encouraged to attend some of the training sessions and to be fully aware of their child's training effort and behaviour. Swimmers should aim to arrive 10-20 minutes before the training session starts and to be ready on time with the correct equipment.

Parents must notify the coach of a child's absence or lateness through the Class Manager.

### **Expectations and Progression**

Swimmers must demonstrate a consistently good attitude to training and demonstrate a high level of trainability at every training session. Swimmers should consistently fulfil the current squad criteria, available on the website and aim to train at the level of the squad above. If swimmers are not consistently fulfilling the current squad criteria, their progression will be reviewed.

A meeting will be held with the parent, swimmer and coach. The swimmer will be set training targets and monitored for an appropriate and previously agreed period of time. The swimmer will be given three opportunities to meet the standards required. If the swimmer fails to achieve the requirements of the squad, the swimmers position will be reviewed.

Parents should be fully aware of the criteria and their child must communicate with the squad coach on future progression, It is expected that the parent would support the swimmer.

### **Parent and Coach Communication**

Squad coaches are normally available to chat after most training sessions and parents are encouraged to communicate during this time. To ensure the coach is available parents must communicate with the squad's Class Manager. All email communication should be submitted through the Class Manager.

### **Competitions**

Parents need to be fully aware of the High Performance and Elite Age Group competition calendar and to attend every meet assigned to the squad. Competition entries should only be communicated between the squad coach and swimmer.

During competitions swimmers must sit with the team during racing. Parents are asked to only communicate with swimmers in the session intervals unless it is an emergency. Swimmers must have enough food and water to support them through each racing session.

# ELITE & HIGH PERFORMANCE YOUTH - SENIOR



**Support**

## **ELITE & HIGH PERFORMANCE (Youth-Senior)**

At this stage of a swimmer's development, parents will have taken a full step back from their previous involvement but maintain good communication with the coach. Swimmers should have full responsibility for communication with the coach on their personal competitive development.

Parents are encouraged to be fully aware of their child's training behaviour and ability but their child should have full responsibility for their competitive development and training decisions.

### **Training**

Parents are encouraged not to attend the training sessions (depending on age), and swimmers should have full ownership of their training effort and behaviour with the support from the parent.

Swimmers should arrive 10-20 minutes before the training session starts and to be ready on time with the correct equipment. Swimmers must notify the coach of a child's absence or lateness through the Class Manager or through communication with the coach.

### **Expectations and Progression**

Swimmers must consistently display the correct attitude and trainability in every training session set by the squad coach.

Athletes and parents should be fully aware of the criteria, available on the website and the swimmers are responsible for communication with the coach regarding future progression. We hope the parent will support the swimmer.

Swimmers should consistently fulfil the current squad criteria and aim to train at their full potential of every session. If the swimmer does not demonstrate appropriate levels of consistency, a meeting will be held with the parent, swimmer and coach. The swimmer will be set training targets and monitored for an appropriate and previously agreed period of time. The swimmer will be given three opportunities to meet the standards required. If the swimmer fails to achieve the requirements of the squad, the swimmers position will be reviewed.

### **Parent and Coach Communication**

Squad coaches are available to chat after most training sessions and parents are encouraged to communicate during this time. To ensure the coach is available parents must communicate with the squad's Class Manager before. All email communication should be submitted through the Class Manager.

### **Competitions**

Parents and athletes need to be fully aware of the High Performance and Elite Youth and Senior competition calendar and to attend every meet assigned to the squad.

Competition entries should only be communicated between the squad coach and swimmer.

Athletes should have full ownership on this process. During competitions swimmers must sit with the team.

Communication with parents should only happen in intervals and at the end of the session, unless there is an emergency. Swimmers must have enough food and water to support them through each racing session.