

Gold Medal Swim Parents

Increasing the Odds



Cups of Coffee/Building a Home

- Anyone press their coffee in the morning?
- Anyone ever built a home from the ground up?
- It's about The Process
- The Athlete Developmental Process takes
 - Age Appropriate Planning
 - Time to implement, learn, grow and master
 - Patience, patience, patience
 - Lots of FUN and LAUGHTER



Planning is Part of the Process

- “A goal without a plan is but a dream” Antoine de Saint-Exupery
- Who sets the swimming plan?
 - Coaching Staff (wet-side)
 - Board of Directors with assistance from the coaching staff (dry-side)
- Do those plans always work out? Why or why not?
- In swimming, I believe we plan to Increase the Odds things will workout in our favor.
 - The greatest challenge: We’re dealing with young, physically and mentally growing human beings.
 - We have no control of many factors: water temp, facilities, illness, emotions, growth (mental and physical), other swimmers, etc.

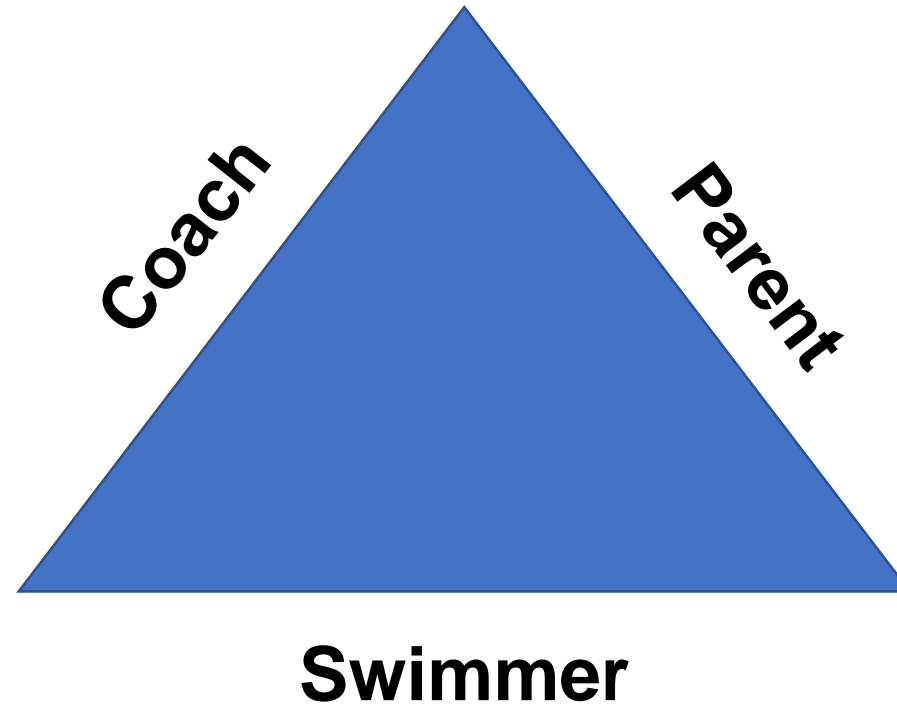


How Can We Increase the Odds?

- Consistency over time
 - Attendance
 - Effort
 - Communication
 - Nutrition
 - Sleep
- Vision
 - Who's Vision?
- Desire
 - Who's Desire?



The Swimming Triangle



A Parents Part of the Process

- Unconditional Love and Support of your child.
- A Healthy ROI.
 - Positive expectations of behavior, not results.
- Handling your own pressure of performance.
- Understanding and Supporting Clean Sport



Clean Sport

- Important thing for all parents to be aware of is that ALL members of USA Swimming are subject to doping control rules and may be tested!
- Athletes are under strict liability. This means that we are responsible for anything that goes in our eyes, ears, nose, mouth, and skin. To see if a substance or method is prohibited, athletes can check GlobalDRO.com. If they are unsure about the results from their search on Global DRO, they can call our Drug Reference line at 719-785-2080 or email the drug reference team at drugreference@usada.org.



Clean Sport

- Any time an athlete decides to use a supplement there is risk involved. You can never be 100% sure the product contains what it says it contains because supplements aren't approved by a regulatory agency before hitting shelves. That's why it's important for athletes to do their research, check USADA's High Risk List at [Supplement411.org](https://www.supplement411.org), and try to take a food-first approach to preparation and recovery. Athletes can also reduce their risk from supplements by looking for those that have a third-party certification seal and verifying that the third-party company certified the specific product. It's important to remember that there is no guarantee with third-party certification, and USADA and WADA never approve or recommend any supplements.
- Contact Stacy at smichael@usaswimming.org with questions!



Three Great Questions for the Car Ride Home

- Did you give your best EFFORT?
- Were you a GREAT teammate?
- Did you have FUN?



Practical Tools

Two Great Tools to help Increase the Odds In and Out of the Pool

- “Mindset”
 - Dr. Carol Dweck
 - Grow Mindset v. Fixed Mindset
- “Grit: The Power of Passion and Perseverance”
 - Dr. Angela Duckworth



Practical Tools Continued

Two More Great Tools to help Increase the Odds In and Out of the Pool

- [American Development Model](#)
- The Internet
 - I stayed at a Holiday Inn and read WebMD...nurse...scalpel.
 - The internet is great, but it can't replace experience.
 - Start Here: [Growing Champions for Life](#)



Gold Medal Swim Parents

- Give Unconditional Love and Support
- Trust the Process
- Help Increase the Odds
- **Have Lots of FUN watching their kids do amazing things in the water and their lives beyond the pool!**

