

TEN COMMANDMENTS FOR PARENTS OF SWIMMERS

1. Do not impose your ambitions on your child.
2. You shall be supportive no matter what.
3. Do not coach your child.
4. You shall only have positive things to say at a competition.
5. You shall acknowledge your child's fears.
6. Do not criticize the officials.
7. You shall respect your child's coach.
8. You shall be loyal and supportive of the team.
9. Your child shall have goals besides winning.
10. You shall not expect your child to become an Olympian.