

Performance Lifestyle:

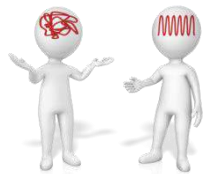
The 'ideal' swimming parent...

1. Stays **relaxed** and **positive** during competition and is equally **supportive** regardless of the outcome.



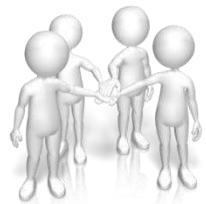
2. **Understands** the demands of the swimming.

3. Gives their child **space** and **talks about other things** after a bad performance.



4. **Works closely with the coach** and leaves the analysis of the race or competition to them. Any analysis you do have you talk through with the coach.

5. Sees beyond winning and losing and **recognises the performance** and the **experience** for their child.



6. **Believes** in their child but is also **realistic** about where they are and where they could go.

7. Gives their child **ownership** and **responsibility** by allowing their child's opinion and thoughts to be heard and valued.



8. Is **aware** of the damage of self-fulfilling prophecies such as—“You never win when its close”, “You're too slow” “You don't have that winning mentality”. These can help to create that situation in the future.

9. Keeps in mind the **bigger picture** and understands why they are **investing** in their child's sport and all the benefits their child get from it.



10. Recognises that they are a **parent first and foremost** and that sometimes, that is all their child wants and needs them to be.