

# **HOW PARENTS AFFECT SUCCESS: AN ATHLETE'S PERSPECTIVE**

## **Some of the 11-13 Year Old Swimmers' Responses (Age Group III Practice)**

Things they love and appreciate:

- When my parents encourage and support me even after a swim that I did not drop time.
- When my parents tell me to not worry about my event, just go out and have fun.
- How my parents prepare for my meets: Drive me there, take time off to go to meet, bring healthy food.
- When my parents accept that even though I added time, I still tried my best.
- When my parents don't put pressure on me.
- When I race they tell me to swim my own race and they don't tell me what they think I need to do.
- I like how my parents encourage me to do well and encourage my swimming.
- I like it when my parents tell me they are proud of me.
- I like when my parents tell me I love you no matter what happens.

Things they don't like:

- I don't like it when other parents and my parents compare me to the other swimmers.
- I hate when parents yell at their kids for adding time.
- I hate when my parents take things away from me when I add time at a meet.
- I don't like it when my parents make me cry about my swims.
- I hate when my parents get mad when I add time.
- I dislike when my parents think I didn't try my best.
- I dislike how my parents tell me things that I did wrong.
- I hate when my parents try to fix my stroke technique and try to tell me how to swim.
- I don't like when my parents always think I should drop time in every event.
- I don't like when my parents give suggestions and they are not what my coach wants me to do.

## **12-14 Year Old Swimmers' Responses (Pre-Senior II Practice Group)**

Things they love and appreciate:

- I like that you take the time out of your day to take me to practice and meets.
- I like that my parents don't put pressure on me.
- I like how my parents support/care for me no matter what.
- I like when they make me feel better when I add time.
- I love that my parents want me to be my best.
- I love when my parents don't coach me.

Things they don't like:

- I dislike that my parents are never satisfied with my swims.
- I don't like when they don't understand you just don't drop every meet, even if my strokes look better.
- I dislike when they doubt my commitment.
- I dislike when my parents say I did badly; I am disappointed enough in myself already.
- I hate when my parents only look at how well I do in my meets and not in practice.
- I hate that my parents have never been a swimmer, but they try to change and put down my swimming.
- I dislike when my parents get upset when I didn't get a cut even though I dropped time.
- Don't appreciate my effort when I do well.
- Don't buy healthy food for meets.
- I hate when my parents try to fix my strokes.
- I don't like when you try to make my goal times for me.