

Edinburgh Diving Club

The Royal Commonwealth Pool



DO'S AND DON'TS FOR PARENTS

Do for Yourself:

- Get enormous pleasure from your children's participation, but do not let your own feelings take over
- Try to enjoy yourself at competitions. Your unhappiness can cause your child to feel guilty and upset
- Look relaxed, calm, positive and energized when watching your child train and compete. Your attitude influences how your child feels and performs.
- Abide by Scottish Swimming Social Media Guidelines.

Do with other Parents:

- Try to make friends with other parents at events.
- Volunteer as much as you can. Diving depends upon the time and energy of involved parents.
- Police your ranks: Work with other parents to ensure that all Edinburgh parents behave appropriately at competitions.

Do with Coaches:

- Leave the coaching to the coaches
- Give them any support they need to help them do their jobs better.
- Communicate with them about your child; you can learn a lot about your child from each other.
- Prior to competitions, inform them via a phone or e-mail of any relevant issues at home that might affect your child at practice
- Inquire about the progress of your children. Please wait till the coach is free or organise a time outside their coaching hours to speak to them.
- Make the coaches your allies.

Do for your Children:

- Provide guidance for your children, but do not force or pressure them.
- Assist them in setting realistic goals for participation.
- Emphasise fun, skill development and other benefits of participation.
- Show interest in their participation, help them get to practice, attend competitions, ask questions.
- Provide a healthy perspective to help children understand success and failure.
- Emphasize and reward effort rather than results.
- Intervene if your child's behaviour is unacceptable during practice or competitions.
- Understand that your child will need a break occasionally.
- Give your child some space if needed. Part of sports participation involves figuring things out for themselves.
- Keep a sense of humour. If you're having fun, so will your child.
- Provide regular encouragement.

Don't for yourself:

- Base your self-esteem and ego on the success of your child
- Care too much about how your child performs.
- Lose perspective about the importance of your child's sports participation.

Edinburgh Diving Club

The Royal Commonwealth Pool



DO'S AND DON'TS FOR PARENTS

Don't with other parents:

- Talk about others in the sports community. Talk to them. It is more constructive.

Don't with coaches:

- Interfere with their coaching during practice or competitions.

Don't with your children:

- Expect your children to get anything more from their sport than enjoyment, physical fitness, life skills, and a genuine love of the sport.
- Ignore your child's bad behaviour in practice or competitions.
- Ask the child to talk with you immediately after a competition.
- Show negative emotions while watching them perform.
- Make your child feel guilty for the time, energy and money you are spending and the sacrifices you are making.
- Think of your child's sport participation as an investment for which you expect return.
- Live out your own dream through your child's sports participation.
- Compare your child's progress with that of other children.
- Expect anything from your child except their best effort.

Sanctions: Where the parent is a member of the Club / Scottish Swimming any breaches of the Do's and Don'ts for Parents document will be dealt with in accordance with Edinburgh Diving Club disciplinary procedures.

If the parent is not a member of the Club / Scottish Swimming any breaches of the Do's and Don'ts for Parents document will result in a ban from poolside.