

# Parent Tricks and Tips

## Pre-Competition Responsibilities

- Make sure you pack water and food for **all** family members.
- Carry extra drinks in your vehicle.
- Pack a large variety of healthy snacks for the competition – snacks that can be shared with teammates.
- Use the time when you are gelling hair to re-hydrate and fuel your athlete (they complain less when their mouth is full).
- Make your gel the day before and reheat it at the competition.

## Figures Competition

- Pack recognizable bright towels so that you can identify them on the pool deck.
- Don't invite grandparents and siblings to watch a figures competition – they are NOT exciting!
- Remove all nail polish and jewelry the day before a competition – it always takes longer than you think.
- Smile or give a thumbs up but do not speak to your daughter during competitions.
- When watching a figures meet it is expected that you do not create noise or do anything that could distract the judges. For example,
  - Talk to your daughter during the competition
  - Clap or make any loud noise,
  - Use flash photography
- If you are quiet, in most cases you will be able to hear your daughter's marks. Or you may be able to see the marks as the judges hold them up to be recorded.
- Be careful not to comment on other swimmers, as their friends and/or family could be sitting beside you.
- Remember, your daughter already has a coach on the pool deck, what they need is a supportive parent in the stands.

## Routine Competition

- Cheer **positive comments** loudly
- Never go on the pool deck – only coaches, officials and athletes are allowed on deck.
- Commenting loudly on the judging is not appropriate – it's not hockey!
- Video routines and take lots pictures **WITHOUT** a flash.
- Arrive early to get a good seat.
- Wear light comfortable clothing, as the stands get very hot.

- Do not move or stand while music is playing – this is distracting to the judges, swimmers and other spectators.
- Buy a program or bring some paper so that you can keep track of the scores as they are announced.
- Remember that it's a lot harder than it looks!

## General Parent Behaviour

- Support from a distance. Tell you daughter how proud you are of her on the way home in the car.
- Be considerate of others, especially volunteers and officials. Remember, all of the officials and volunteers are **not** paid.
- It's about developing and **having fun!** Creating a positive experience fosters an everlasting love of sports/fitness.