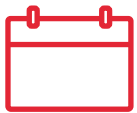


Supporting swimmers through exam periods

Reflections from swim parents



Plan effectively

- Don't do all the planning for them
- Plan little & often
- Train at the right time for exams
- Don't enter too many races



Communicate openly

- Listen
- Show compassion
- Try not to nag
- Work on building open, honest two-way chat with coach and swimmer



Find a balance

- Find a balance between swimming, school and life
- Be flexible. Pick your battles
- Ask yourself: are they too tired? Take sessions off to keep them fresh
- Understand coach priorities



Encourage growth

- Let them be teenagers
- Be led by your own child and their needs. You know them best
- Give them their own workspace in the house
- Advocate for your child