

How many sessions should my child attend each week?

Stages of LTAD:

Growth and Development:

Childhood – Boys 6 to 9 years, Girls 5 to 8 years

Late Childhood – Boys 9 to 12 years, Girls 8 to 11 years

Adolescence – Boys 12 to 15 years, Girls 11 to 14 years

Early Adulthood – Boys 15 to 18 years, Girls 14 to 16 years

Adulthood – Boys 18+, Girls 16+

Pathway:

FUNdamental

Swimskills

Training to Train

Training to Compete

Training to WIN

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Training Hours:

3 to 6 hours of general sport

4 to 7 hours

12 to 20 hours

16 to 24 hours

20 to 24 hours

How should I support my child at competitions?

- Understand your child's goals
- Be supportive – do not show your disappointment
- Judge your child's performance in relation to their own standards – do not compare your child with others
- Be a parental role model
- Let the coach, coach!

What hurdles am I going to have to overcome in supporting my child?

- **Travel** – the so called “Geographical Disadvantages”
- **Expense** – travel, accommodation, equipment, coaching fees etc
- **Nutrition** -Putting the right fuel in the engine
- **Time Management** -managing your life and commitments, spending time with siblings, etc.
- **Sleep Deprivation** -having to get up very early in the mornings

What is the best thing about being a swimming parent?

- The knowledge that your child is pushing the boundaries of their own performance through an extreme physical and mental commitment to themselves.

THIS SHOULD MAKE YOU VERY, VERY PROUD