



## The TEN COMMANDMENTS for SWIM PARENTS

- I. Thou shalt not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shalt not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shalt not expect thy child to become an Olympian.

*from USA swimming:*

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1503&Alias=Rainbow&Lang=en>