

PARENTS AS PARTNERS

INTRODUCTION

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HELP PARENTS UNDERSTAND:

- ⦿ the coaching process
- ⦿ The progress of a skill
- ⦿ Outline the pathway of an athlete from LTD to HP
- ⦿ *Why your child does so many jumps!*

WHY YOUR CHILD PLAYS SPORTS

- ◉ To have fun
- ◉ To be with friends or make new friends
- ◉ To do something they are good at
- ◉ To feel good about themselves
- ◉ To feel accepted
- ◉ To improve and learn new skills

WHY PARENTS ENCOURAGE SPORT

- ◉ To give their children a safe outlet for their energy
- ◉ Because they love sport
- ◉ To give them skills for life
- ◉ College opportunities
- ◉ To win

NEGATIVE EMPHASIS ON SPORT PARTICIPATION

- ⦿ When the emphasis shifts towards external rewards from parents (extrinsic motives) or being “pushed” to participate,
- ⦿ *children are far less likely to enjoy and continue in the activity and they become more susceptible to burnout and dropout.*



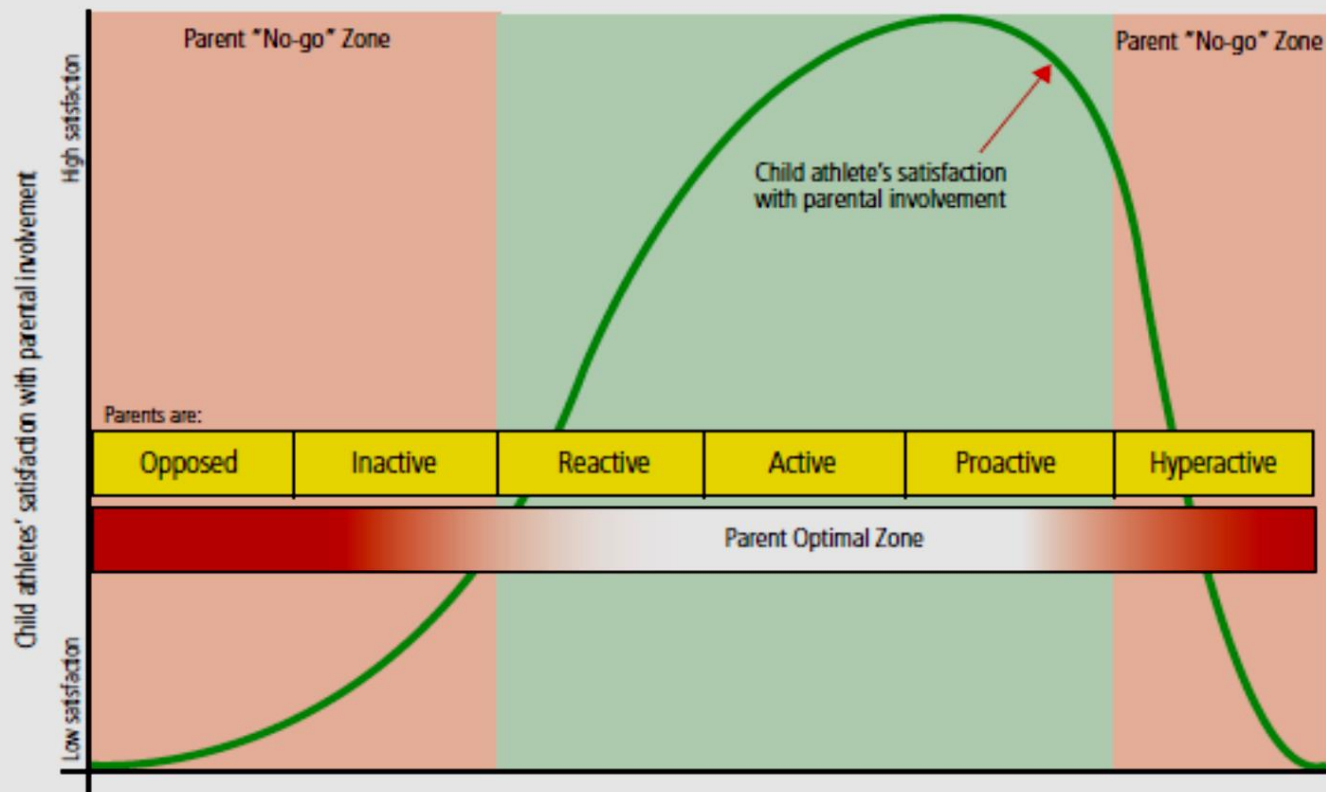
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“... But if you never put me in the game, coach, how will my father ever live his own sports dreams vicariously through me?”

LTAD AND PARENT INVOLVEMENT

Child athletes' satisfaction with parental involvement

Figure 2 LTAD and Parent Involvement



Redrawn from: Engaging Parents, Celia Brackenridge Ltd. 2005

COMMON PARENT QUESTIONS

- ◉ Why does my child have to do so many jumps?
- ◉ Why isn't my child pushed harder?
- ◉ How come so and so is learning faster than my child?
- ◉ What am I paying for?
- ◉ Maybe my child would get better training at the 'other' club?

WHAT DIVING IS

- ⦿ **Power sport** - action happens in less than 10 seconds and requires huge power to jump
- ⦿ **Contact sport** - especially from higher heights but not always (30mi/hour from 10m...can you imagine the impact of high diving from 90 feet?)
- ⦿ **Technical-artistic sport** - complimentary ABC's must be well developed early on

DIFFICULT



Liam 5134_AJE.MOV

PAINFUL

<https://www.youtube.com/watch?v=ToPRDDPN4xg>

BEAUTIFUL

⦿ <https://www.facebook.com/aurelie.gibson>

REWARDING

- ◎ <http://www.olympic.org/videos/zakharov-dives-to-3m-springboard-gold>
- ◎ 1:20 - 1:32

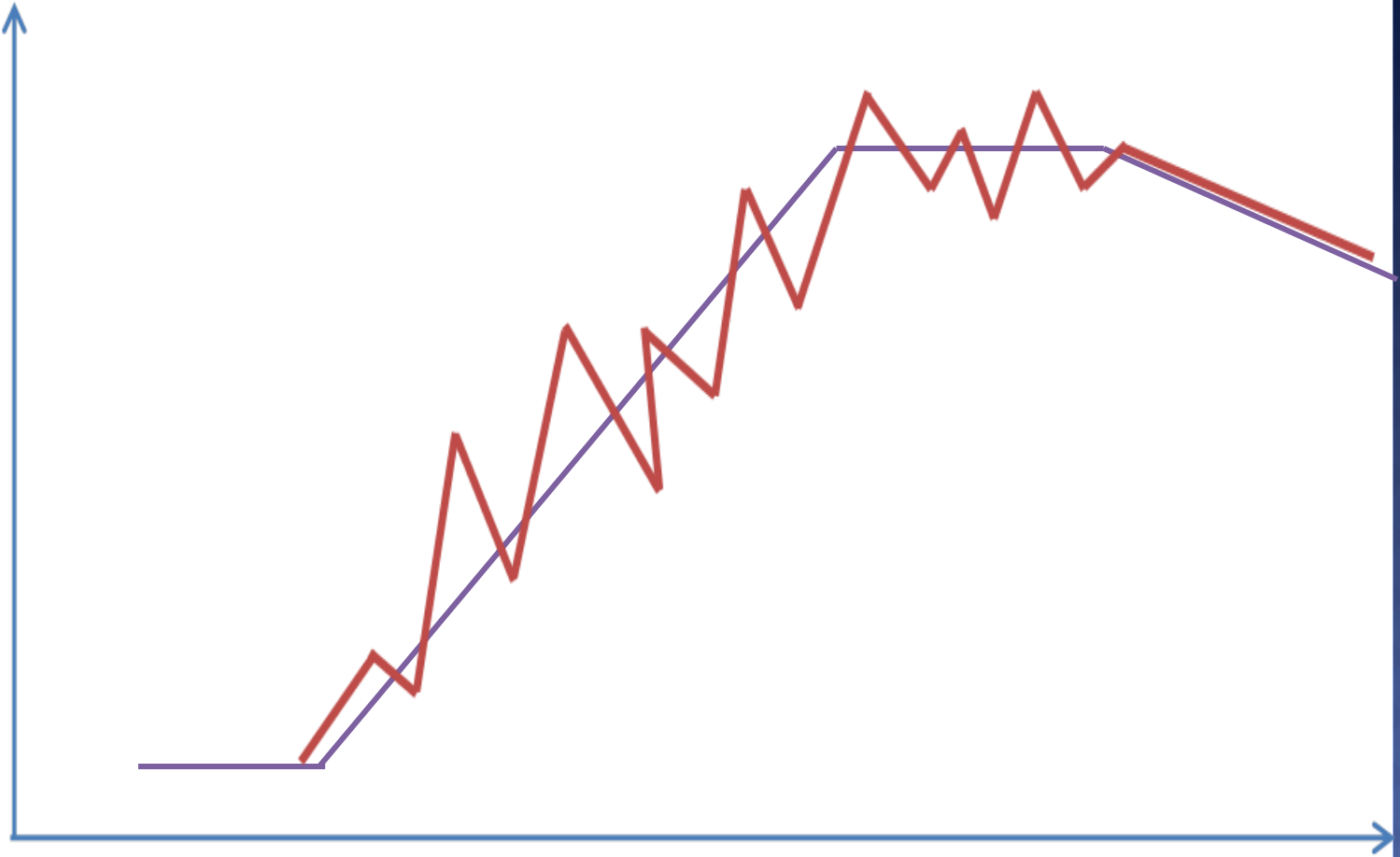
DIVING REQUIRES

- ⦿ Play
- ⦿ The fundamental movements to be in place early - e.g. before puberty or in early puberty
- ⦿ Huge amount of guts AND A lot of support when there is a lot of (earned) fear
- ⦿ Understanding of the complexity of the sport
- ⦿ Support when they are struggling

- Understanding of what happens in puberty and how that affects the athlete's ability to do their sport



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0-4	4-8	8-12	12-18	18-25+	MASTERS
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- ◉ FUN

- ◉ Recovery

- ◉ PLAY is Important!

WHAT IF?

- ⦿ However, they may never have the goal of making it to the Olympics.
- ⦿ What LIFE skills are they learning?
 - Overcoming fear
 - Commitment to seeing something through even if it's difficult
 - Joy of 'falling'
 - Healthy lifestyle path
 - Graciousness and good sportsmanship

ROLE OF THE COACH

- ◉ Multifaceted
 - ◉ Degrees needed to coach diving:
 - Bio-mechanist/Kinesiologist
 - Psychologist
 - Life Coach
 - Athletic Trainer
 - Tactician
 - To continue to learn - but they start from the beginning, too
- EXPERT in all of these areas *for diving*

PHYSICAL/PHYSIOLOGIST

Aerobic endurance
Anaerobic alactic system
Flexibility
Agility
Balance
Coordination
Rhythm
Posture
Maximum power
Speed power
Speed strength

PSYCHOLOGICAL/PSYCHOLOGIST

Positive internal dialogue

Self confidence

Imagery & visualization

Concentration / focus

Relaxation

Emotional control

Enthusiasm

Competition-Ability

TACTICAL/TECHNICAL

Choice of dives and order of dives

Choice of competitions

Spatial orientation

Appropriate motor response

Pre-competition plan

Competition plan

Organizational Structure

Rules/Regulations

Selection criteria

THEORY IN BIOMECHANICS; ANATOMY; STRENGTH AND CONDITIONING; GROWTH SPECIALIST; NUTRITIONIST; ATHLETIC TRAINER

Sport philosophy
Anatomy
Biomechanics
Growth and Development expert
Nutrition
Training Methods
Strength and conditioning - for EACH age/stage
Environmental Influence

PERSONAL LEADERSHIP; LIFE COACH

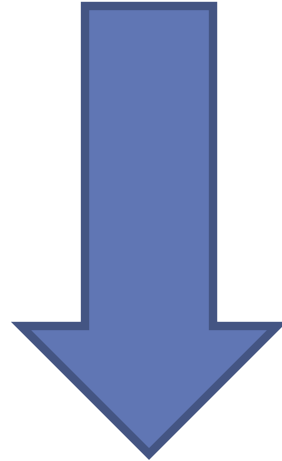
Autonomy & responsibility
Discipline
Respect/Sportsmanship
Social integration
Communication
Decision making
Time Management
Sponsorship research
Administrator/Financial management
Career Plan
Leadership / role model

(POSSIBLE) DIVER PATHWAY

- ◉ Recreational/Learn To Dive
- ◉ Semi-competitive
- ◉ Competitive Jr
- ◉ Competitive Sr
- ◉ Instructor
- ◉ Coach
- ◉ Judge
- ◉ Master's Diver

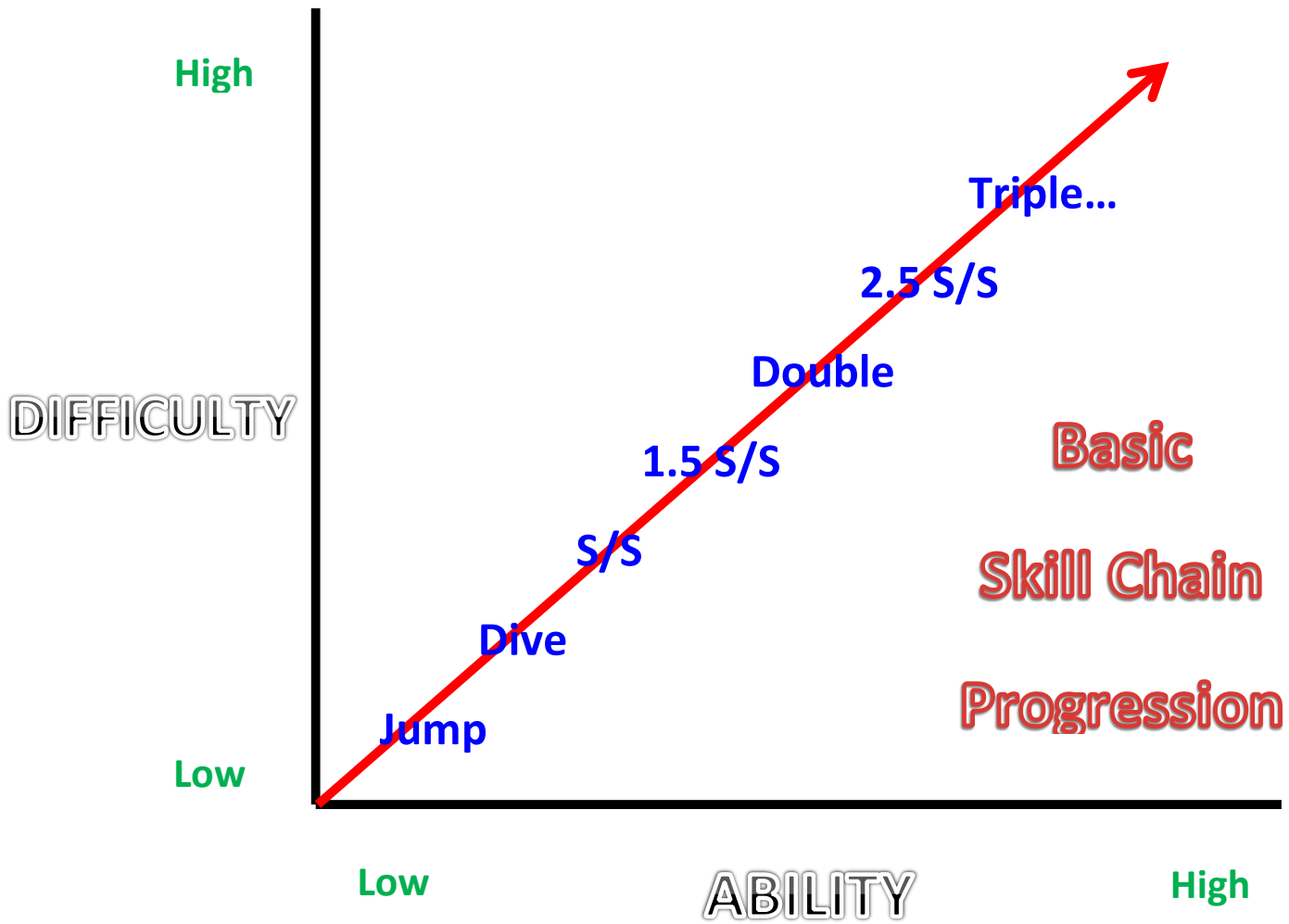
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Diver's Attention



109B - 3m

59 different skills on 1m & 3m for this process alone - does not include dry board, tramp or multi-bouncing skills



JUDGES ROLE

PARENTS

- ⦿ Participate in sport with your children - *give it a go just once*
- ⦿ Provide support and guidance and make their involvement in diving *fun*
- ⦿ Be educated about diving and how one can progress through the sport
- ⦿ *Long-term commitment* to skill/performance progression
- ⦿ Be *flexible with their expectations*; as children pass through different phases of development, modify expectations as necessary
- ⦿ Basic education on nutrition/recovery
- ⦿ Since this is about the development of the child; it is important that *parental expectations of their child's skills, abilities and aspirations are in line with the child's*
- ⦿ Encourage participation of their children in two to three other complementary sports - before specializing in one
- ⦿ IT'S A TOUGH SPORT, AN EXCEPTIONAL JUMP IS AN AMAZING ACCOMPLISHMENT!

GREAT PARENT ARTICLES

- ◎ <https://annejosephson.wordpress.com/2015/05/31/sports-parenting-in-10-sentences/>
- ◎ <https://annejosephson.wordpress.com/2014/08/07/a-dangerous-dozen-misguided-ideas-of-well-meaning-gym-parents/>

Thank you
USA Diving
Liam Stone
CAC

Cokey Huffman
Kim Fain

Internet for free videos and images

YOU!