

FAQ's Training/Workout

Sometimes my child doesn't want to go to practice. He wants to play with his friends. Should I force him to go?

You should not force your child; you want their participation to be their decision. Reinforce the choices and decisions they have made to start their sport. For example, your son chose to go to practice on Tuesday and Thursdays, on other days he has the freedom to do other activities. As a parent, explain your expectation that he fulfill the commitment he made by joining the team. You don't want to force your child into a sport that he does not enjoy, yet you want your child to be involved in a 'lifetime sport', to learn about making and keeping a commitment and to interact with peers So, what are you to do?

Instead of allowing your child to make a daily decision about going to practice, allow him to decide whether or not he wants to participate for the season. Once the decision is made to participate, he is making a commitment to the team and needs to follow through on it by attending practice on a regular basis. A haphazard schedule is detrimental to the athlete's overall development.

WSY SWIMMING