

5 Questions

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5 Questions Parents Can Ask Their Advanced Age Group Or Senior Swimmer

1. Are you a better swimmer today than you were yesterday?
2. Tell me something you did today that improved your ability?
3. Tell me something you appreciate about being around your teammates and your coach.
4. What life skill did you learn today that goes beyond the swimming pool?
5. Did you thank your coach at the end of practice?

5 Questions Coaches Ask Their Advanced Age Group Or Senior Swimmers

1. Will you be a better swimmer today when you leave the deck than you were when you walked on the deck?
2. What is your primary goal for this season?
3. What do you need to focus on and improve in order to achieve your goal?
4. How can I best help you to achieve your goal?
5. Did you thank your parents for bringing you to and/or picking you up from practice?

Additional questions are most welcome. Let us know if you are a parent or a coach and email to gedson@swimmingcoach.org We will publish them in a future issue.