

Supporting Your Artistic Swimmer



Parents: scores don't define your child's potential.

But the way you talk to your young artistic swimmer after a competition can shape their confidence for years.

Here's what coaches wish every parent understood:

Your Words Matter

Artistic swimmers already know how they performed. They remember every missed figure, timing error, or height in a lift that didn't quite reach. What stays with them most is what YOU say after.

What To Avoid



DON'T #1: "You could have done better"
Your swimmer hears: "I wasn't good enough."
This creates pressure instead of motivation.



DON'T #2: "She scored better than you"
Your swimmer hears: "I'm not as good as others."
Comparison kills confidence.



DON'T #3: "You made too many mistakes"
Your swimmer hears: "I failed." Mistakes are how athletes grow, especially in a precision sport like artistic swimming.

Try Saying

"I'm proud of your effort."

"You have improved so much."

"What did you enjoy today?"

These help to build confidence, motivation, and a lifelong love for artistic swimming.

Change The Focus

When talking to your artistic swimmer, focus on:

- Effort
- Progress
- Hard work
- Teamwork
- Commitment to training



Support (not stress!) is what leads to real improvement.



Remember What They Just Managed

Your artistic swimmer just spent an entire competition managing pressure, adrenaline, choreography timing, breath control, lifts, figures, expectations, and their body & mind in the water.

The last thing they need on the ride home is a full performance breakdown. Their nervous system needs space to settle, not to relive every moment.

Think Long-Term Development

Most parents chase short-term scores, rankings, and medals. Coaches look for habits, growth, strength, artistry, and consistency over time.

Praise the process – not just the podium.



Mental Toughness

Confidence is shaped by how you respond when things go wrong. Let your swimmer make mistakes. Then support them as they rise again. Resilience is learned in tough training sets and challenging competitions – not easy wins.

It's Their Journey – Not Yours

You can guide, but you can't want it more than they do. The artistic swimmers who thrive long-term are those who take ownership of their growth.

They need you to support, not steer

