

# *The Parents' Guide to Swimming*

Coaches and parents agree that parent education is the area most lacking in today's swimming system. Help start your club's parents off right this season with—*The Parents' Guide to Swimming* by Alan W. Arata, Ph.D.

*The Parents' Guide to Swimming* covers:

**The Long-Term Benefits of Swimming**—why swimming is the great sport for children.

**Mental Strength**—the most important trait of a champion and parents are best suited to teach it. This book details numerous ways parents can enhance a child's mental strength. Visit [www.swimmingparent.com](http://www.swimmingparent.com) to read a sample of this chapter.

**The Flexible Swimmer**—flexibility is the key to reduced drag and can be done daily at home. The book illustrates the best ways to create flexibility.

**The Technical Swimmer**—easy to understand biomechanical aspects for strokes, starts, and turns so parents can speak intelligently to their swimmers and each other.

**The Well-Trained Swimmer**—helping parents understand the physical and mental demands of swim training.

**Swimming Nutrition**—understanding carbohydrates, fats, proteins, minerals, vitamins and hydration as they relate to a child's performance in both meets and workouts.

**Swimming Equipment**—a comprehensive guide of swimming equipment. Here is what to buy to help a swimmer.

**Swim Meet Preparation**—what to bring, when to arrive, how to get organized for success, heat seeding and the taper and shave.

**Swimming Burnout**—why it happens as well as strategies for reversing or avoiding burnout.

**Letting Coaches do Their Jobs**—no Little League parents please. Understanding the demands of a coach and what parents can do to help.



For more information, please visit [www.swimmingparent.com](http://www.swimmingparent.com)