

EAGLE PARENTING 101



EST Mission

The **Mission** of **Eagle Swim Team** is to provide its members with the best professional instruction and coaching in a motivating, innovative, and goal oriented environment. Our **Vision** of the **Eagle Swim Team** is to be a nationally recognized leader in all levels of competitive swimming.



EST Values

Character

Commitment

Teamwork

#CCT



EST Motto

“Striving for Excellence in Swimming and in Life”



EST's Main Objectives

- 1. Provide quality coaching, training, and competition for all team members.**
- 2. Assist all team members in realizing and striving for their full potential in competitive swimming.**
- 3. Help develop important life skills, such as self discipline, communication, goal setting, self-confidence, and sportsmanship.**
- 4. Provide opportunities for educational and emotional growth through training, competition, & travel.**



Enjoy the Journey...



...It Goes Fast!



How it Started



Where it Went



How it's Going

...It Goes Fast!



How it Started



Where it Went



How it's Going

It is Truly a Different Journey for Each Athlete.



How to Help Make the Journey an Enjoyable One



Swim Parenting Tip #1

Be Supportive – No Matter What

- Remember that swimming is your child's activity, not yours.
- Things will not always go your swimmer's way
- There will be Great Meets, Good Meets and Really Rough Meets
- There is only one question to ask your swimmer after practice or a competition - "Did you have fun today?"

Swim Parenting Tip #2

Swimming is a Long Term Journey.

- Growth will come over time.
- Improvements and progress occur at different rates for each individual.
- Don't compare your child's progress to anyone else's.
- Don't judge your child's performance against that of other athletes.
- Focus on your own child's growth and personal best.
- Focus on the process of competitive swimming, not the product.

Swim Parenting Tip #3

Avoid the Impulse to Coach Your Child

- You are involved in one of the few youth sports programs that offers professional coaching.
- Trust the Coach.
- Let the coach be responsible for the technical part of the job.
- Avoid offering advice on technique or race strategy.
- Our as parents is to provide love and support.

Swim Parenting Tip #4

Positivity Goes A Long Way – Especially at a Swim Meet

- Be kind and encouraging to everyone- your swimmer, the coach, officials and your fellow parents.
- Both swimmer and coach know when mistakes have been made; let them work out what steps come next to grow.
- Know before going into the meet something your child has been working on. Praise them for the effort leading up to the meet.
- Remember “yelling at” is not the same as “cheering for”.
- Show kindness and respect to the spectators around you.
- Celebrate not only your own child’s success, but the all on the team.

Swim Parenting Tip #5

Acknowledge Your Child's Fears

- **New experiences can be stressful situations.**
- **It is totally appropriate for your child to be scared.**
- **Assure your child that the coach would not have suggested the event or meet if your child was not ready.**
- **Remember your job is to love and support your child through all of the swimming experience.**

Swim Parenting Tip #6

Encourage a Growth Mindset

- Mistakes happen. Missed intervals happen. DQs happen.
- Remind your swimmer that they learn and grow from their mistakes.
- Hard work and determination lead to success.
- Encourage thoughtful reflection.
- These are life skills, not just swim skills being learned.

Swim Parenting Tip #7

Support Your Child's Coach

- The bond between coach and swimmer is special.
- It contributes to your child's success as well as fun.
- Do not criticize the coach in the presence of your child.
- Do reach out when you have questions or concerns.
- Encourage your child to communicate with their coach too.

Swim Parenting Tip #8

Be Loyal and Supportive of the Eagle Swim Team.

- **Volunteer.** It shows the team you care and your child you care.
- **Avoid Team Hopping.** The water isn't necessarily bluer in another team's pool. Every team has it's own problems from time to tome - even teams that build champions.
- **Remember we adults are reflections of the team too.**
- **Cheer for not only your swimmer, but the team as a whole.**
- **Wear that Black and Orange Loud and Proud!**

Swim Parenting Tip #9

Encourage Goals Besides Just Winning

- Giving an honest effort, regardless of the outcome, is much more important than winning.
- Being legal in a stroke; competing a new event; dropping time; being part of a relay; lining up on their own; showing good sportsmanship - All of these are phenomenal goals that have nothing to do with placing in an event.

Swim Parenting Tip #10

Trust the Process

- **Most successful swimmers have learned to focus on the process and not the outcome.**
- **Your child may not be the stand out age group athlete; they may not get best times every meet; they may not get the cuts they want when they want - These are the times they need us to help them stay positive, work hard and keep pursuing their goals.**
- **Trust the coaches. Trust the work. Trust the process.**

SWIM PARENT LIFE

WHERE ARE
YOUR GOGGLES?



WHICH
KID IS
MINE?



WHAT EVENT
ARE WE ON?



Swim Meets- Which Ones Do We Attend?

First - Check the “Meets & Events” Tab on the Team Site

Then - Click the “2025- 2026 Competition Schedule”

EST 2025-2026 Short Course Competition Schedule

Look [HERE](#) to find the specific times needed to achieve : BB, A, AA, AAA, AAA times

Dates:	Meet Name	Qualifying Standards	Ages	EST Groups/Athletes
Sept 20	1 Day Intrasquad Meet/Team Event w/ Cookout	Senior Div will practice in am, 1 x 100 event for 13 & Overs, 12 & Unders 2x 50's 8 & U: 2x 25's		All Competitive Groups
Sept 27-28	RAC First Splash	NT Standards	13 & Younger	Gold, Silver, Bronze
Oct 4-5	EST Senior Invite	NT Standards	14 and Older	Plat/Senior/SrPf/NTG
Oct 5	EST Mini Inter-Squad	NT Standards	10 yrs & younger	Mini & Bronze

Swim Meets- Which Ones Do We Attend?

You Could Also Look at Description on the Meet Notice

NBAC FASTival

Oct 25, 2019 - Oct 27, 2019

Description

Hosted at UMBC

9-10, 11-12, 13-14, Open

13 & Over 'A' Times and Faster, 12 & Under BB times and faster

All who qualify in Bronze 1 & 2, Silver 1 & 2, Gold, & Senior Prep

Swim Meets - Finding Information

RAC First Splash Meet Notice



RAC First Splash

Hosted by
Retriever Aquatic Club

September 26-28, 2025

Held at UMBC Aquatic Complex, University of Maryland Baltimore County
1000 Hilltop Circle Baltimore, MD 21250



Order of Events

Session 1	
Friday, September 26	
Warm-up: 4:00pm, Session Start: 5:00pm	
Event #	Event
1	Girls 11-13 200 Back
2	Boys 11-13 200 Back
3	Girls 9-12 200 Free
4	Boys 9-12 200 Free
5	Girls 11-13 200 IM
6	Boys 11-13 200 IM

Session 2			
Saturday, September 27			
Warm-up: 7:00am Session Start: 8:00am			
Event #	Events	Event #	Event
7	Boys 11-13 200 Breast	19	Girls 10 Yr Old 50 Fly
8	Girls 9 Yr Old 50 Back	20	Boys 11 Yr Old 100 Fly
9	Girls 10 Yr Old 50 Back	21	Boys 12 Yr Old 100 Fly
10	Boys 11 Yr Old 50 Back	22	Boys 13 Yr Old 100 Fly
11	Boys 12 Yr Old 50 Back	23	Girls 9 Yr Old 100 Free
12	Boys 13 Yr Old 50 Back	24	Girls 10 Yr Old 100 Free
13	Girls 9 Yr Old 100 Breast	25	Boys 13 Yr Old 100 Free
14	Girls 10 Yr Old 100 Breast	26	Girls 9 Yr Old 100 IM
15	Boys 11 Yr Old 50 Breast	27	Girls 10 Yr Old 100 IM
16	Boys 12 Yr Old 50 Breast	28	Boys 11 Yr Old 100 IM
17	Boys 13 Yr Old 50 Breast	29	Boys 12 Yr Old 100 IM
18	Girls 9 Yr Old 50 Fly		

Swim Meets - Declaring Availability/Declining

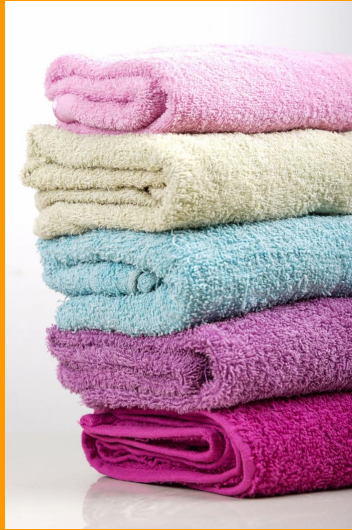
- Go to [Team Website](#)
- If the Event is on the home page you can just select “Edit Commitment”
- If the Event is not on the home page select the “Events” tab and then select “Edit Commitment”
- Coaches will opt your swimmer into appropriate meets
- If you need to opt out - Click swimmer’s name and then click decline.

 View/Edit All Meet Events  Go Back to Event Home Page

Click on Member Name to declare for this Event:

Member Name	Member Commitment
<u>Anderson Poirier</u> *Active	✓ Committed
<u>Callan Poirier</u> *Active	✗ Declined

Swim Meets: What to Pack



Travel Meets



Holiday Inn

- Most Away Meets are Family Travel
- Check Eagle Site and Meet Notices
- Team will often have Hotel Blocks
- Book EARLY
- If Team Travel all info will be shared

How to Help and Volunteer

Click on this [link](#) to see all of the meet opportunities.

List of Home Meets

September 20, 2025

EST Intersquad Meet & Cookout

October 4-5, 2025

EST Senior Invite

November 15, 2025

EST/ FSC Distance Dual Meet

January 9-11, 2026

EST Mid-Winter Invite

February 14-15, 2026

EST/NAAC Dual Meet & EST Mini Meet

April 12-13, 2026

EST Sprint Into Long Course Meet

May 29-31, 2026

EST Sizzler Meet

EST Parent Booster Association



Being on The Team vs Being A Teammate

Being on the Team vs. Being a Teammate

Being on the team benefits your personal goals and ambitions.

Being a teammate benefits the goals and ambitions of your team and your teammates.

Being on the team can make you a bystander.

Teammates intervene in the lives and actions of their teammates.

Being on the team involves personal effort.

Being a teammate involves the efforts of every player.

Being on the team means doing what is asked of you.

Being a teammate is doing whatever is needed for the team to succeed.

Being on the team can involve blaming others and making excuses.

Being a teammate involves accepting responsibility, accountability, and ownership of the team's problems.

Being on The Team vs Being A Teammate (cont)

Being on the team makes you “me-optic”, asking what’s in it for me?

Being a teammate makes you “we-optic”, asking what’s in it for us?

Sometimes players on the team are drawn together by common interests.

Teammates are drawn together by a common mission.

Sometimes players on a team like one another.

Teammates respect one another.

Sometimes players on a team bond together because of a shared background or compatible personalities.

Teammates bond together because they recognize every player is needed to accomplish the goal of the team.

Sometimes players on a team are energized by emotions.

Teammates energize one another out of commitment.

Excerpt From: InSideOut Coaching: How Sports Can Transform Lives, written by, Joe Ehrmann