

3 Tips For Swim Parents about Personal Best Times

Courtesy of [Elizabeth Wickham](#)

Here's my three tips about best times:

One

You have to trust your kid's coach. Don't second guess what they are doing — especially in front of your swimmer. "Coaches Coach. Parents Parent. Swimmers Swim."

Two

Don't focus on the times — or you may kill your swimmer's enthusiasm for the sport.

Three

Trust the experience. If your child is swimming as an older teenager, they must love the physical and mental toughness of practice and competition — or they would've quit long ago. They are building life skills of grit, determination and perseverance.



[Elizabeth Wickham](#) volunteered for 14 years on her kids' club team as board member, fundraiser, newsletter editor and "Mrs. meet manager." She's a writer with a bachelor of arts degree in editorial journalism from the University of Washington with a long career in public relations, marketing and advertising. Her stories have appeared in newspapers and magazines including the *Los Angeles Times*, *Orange County Parenting* and *Ladybug*. You can read more parenting tips on her blog: <http://bleuwater.me/>.