

SWIM BC PARENT PRESENTATION

Supporting and Nurturing Athletic Development and Achievement



SwimBC's Performance Director, Mike Flegel, will be delivering an informative and enlightening presentation aimed at parents of age-group swimmers on the growth and development of athletes, with some perspectives on how parents can most effectively support and nurture that development.

This has been well-received at past meets and has led to numerous clubs inviting Mike to bring this presentation to their parent body; if you've attended in the past, there is new material that has been added in the past year.

Topics covered will include:

- Stages of athletic development
- Determinants to achieving success
- Parental role in supporting and nurturing that success
- Fostering resilience



Part 1: Saturday, June 23 - 8:30-9:15am

Part 2: Sunday, June 24 - 8:30-9:15am

Boardroom 1 in Capital News Centre (across the parking lot)