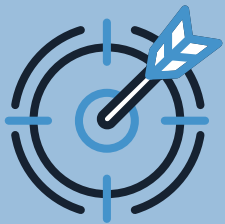


August 2025

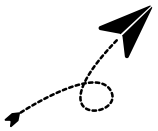
THE CURRENT



Champion's Training

The Journey of a Champion: Understanding the Roles Behind Success

*Highlighting collaboration among athletes,
coaches, and parents*



["John O'Sullivan](#)

["I Love Watching You Play"](#)

Success in the pool isn't just about individual effort - it's a team effort between swimmers, coaches, and parents. When athletes bring dedication, coaches offer guidance, and parents provide steady support, the whole team thrives.

In his book, *Changing the Game*, John O'Sullivan highlights the power of a simple phrase: "I love watching you play." This reminder helps athletes feel valued beyond performance and fosters a lasting love for their sport.

After nearly 20 years of coaching, we've seen how this attitude can unlock a child's confidence. When they voice self-doubt after a race or practice, your loving support can reframe the moment and remind them that joy, not perfection, is what truly matters.



We are thrilled to launch our
1st Newsletter!

Whether you're a swimmer, parent, coach, or supporter this newsletter will keep you informed and inspired as we build a strong inclusive team. We believe in creating opportunities for every swimmer to thrive in and out of the water. We will provide you with tips and tricks to help you steer your swimmer along the way.





CALL TO



ACTION!

Take a moment to reflect on your own child's journey and remember these 5 simple words are the best words your child can hear.

“

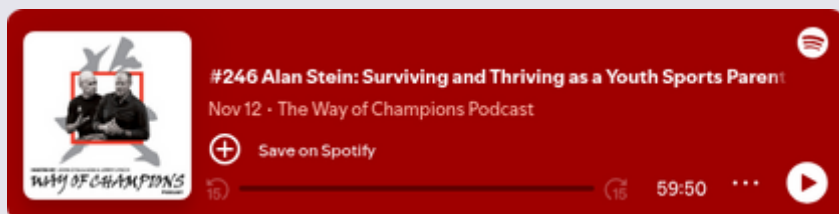
**“I Love
Watching
You Swim”**

”

PODCAST



Surviving & Thriving
in Youth Sports



1.

Regularly remind your child how much joy it brings you to see them enjoying their sport.

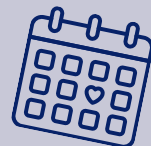
2.

Praise effort and grit over talent and ability.

3.

Avoid comparison, bribery or relating success to a specific time swum.

*Mark
your
Calendar*



Sept 13th
Season Kickoff