



Working with Parents in Sport Easter Holiday Workshops 2021

“Great Sports Parenting- Managing the return to the pool”

These workshops will cover the following areas:

- Positives and Challenges of Lockdown
- Focussing on the controllables
- Understanding why our children play
- Hitting the reset button
- Using sport to promote character development
- Managing the Ups and Downs
- Understanding Potential
- Avoiding Comparisons
- Managing the Car Journey Home

Open to all Swim England Suffolk members and associated clubs

Parents/Guardians of children aged 13years & over:

Thursday 1st April 6:30pm – 7:30pm

Parents/Guardians of children aged 12years & under:

Friday 9th April 6:30pm – 7:30pm

Bookings will be through Eventbrite – both links can be found on the Suffolk County Website – www.suffolkswimming.org.uk