



2026

NSW All Schools

Swimming Championship

21-22 May 2026, Sydney Olympic Park

Acknowledgement of country

We would like to begin by acknowledging the Traditional Custodians of the land on which we gather for this championship. We pay respects to their Elders past and present and extend that respect to Aboriginal and Torres Strait Islander peoples here today. We strive to ensure every Aboriginal and Torres Strait Islander learner in NSW achieves their potential through education. We meet for this championship on Burramattagal land. Burramattagal is thought to be derived from the Aboriginal word for 'place where the eels lie down' to breed (within the Parramatta River).

Welcome

NSW All Schools Championships represent the pinnacle of secondary school sport in New South Wales, bringing together outstanding student athletes from the New South Wales Department of Education, Catholic Schools NSW and the NSW Combined Independent Schools Sports Council to compete at the highest level of school sport across the state.

On behalf of NSW All Schools, I warmly welcome all students, officials, families and supporters to this championship. Participation at this level is a significant achievement and reflects the dedication, commitment and sportsmanship demonstrated by students throughout their representative pathway journey.

NSW All Schools provides students with the opportunity to compete alongside and against the best school aged athletes in New South Wales, while proudly representing their sector and striving for selection in NSW All Schools teams.

These championships would not be possible without the exceptional work of our conveners, officials, coaches, managers and volunteers. Their professionalism, expertise and countless hours of preparation ensure that students are provided with a positive, safe and high-quality sporting experience. Their contribution to school sport is sincerely valued and greatly appreciated.

I congratulate all students on reaching this level within the pathway and wish every competitor every success throughout the championship.



Matt Mee

NSW Sport Programs Coordinator

Competing associations



NSW Combined Catholic
Colleges



NSW Combined High Schools
Sports Association



NSW Combined Independent
Schools

General competition information

Thursday 21 May 2026

11:30am	Gates open
12:00pm	Warm-up commences
1:00pm	Events commence
4:30pm (approx.)	Events conclude

Friday 22 May 2026

7:30am	Gates open
8:00am	Warm-up commences
9:00am	Events commence
3:30pm (approx.)	Events conclude

Event website

NSW All Schools Swimming
Championship

[https://app.education.nsw.gov.au/sport/EventHeader/
View?eventId=20139&subEventId=20140](https://app.education.nsw.gov.au/sport/EventHeader/View?eventId=20139&subEventId=20140)

Event order

Session 1: Thursday 21 May 2026

Start: 1:00pm

Heat interval: 40 seconds / Back +30 seconds

Finals 1 Mixed 1500 Freestyle

Finals 2 Girls 12-14 200 Freestyle Relay

Finals 3 Boys 12-14 200 Freestyle Relay

Finals 4 Girls 15-16 200 Freestyle Relay

Finals 5 Boys 15-16 200 Freestyle Relay

Finals 6 Girls 200 Freestyle Relay

Finals 7 Boys 200 Freestyle Relay

Finals 8 Girls 12-14 200 Breaststroke

Finals 9 Boys 12-14 200 Breaststroke

Finals 10 Girls 15-16 200 Breaststroke

Finals 11 Boys 15-16 200 Breaststroke

Finals 12 Girls 17 & Over 200 Breaststroke

Finals 13 Boys 17 & Over 200 Breaststroke

Finals 14 Girls 12-13 100 Freestyle

Finals 15 Boys 12-13 100 Freestyle

Finals 16 Girls 14 Year Olds 100 Freestyle

Finals 17 Boys 14 Year Olds 100 Freestyle

Finals 18 Girls 15 Year Olds 100 Freestyle

Finals 19 Boys 15 Year Olds 100 Freestyle

Finals 20 Girls 16 Year Olds 100 Freestyle

Finals 21 Boys 16 Year Olds 100 Freestyle

Finals 22 Girls 17 & Over 100 Freestyle

Finals 23 Boys 17 & Over 100 Freestyle

Finals 24 Girls 12-15 100 Freestyle Multi-class

Finals 25 Boys 12-15 100 Freestyle Multi-class

Finals 26 Girls 16 & Over 100 Freestyle Multi-class

Finals 27 Boys 16 & Over 100 Freestyle Multi-class

Finals 28 Girls 12-19 300 Freestyle Relay

Finals 29 Boys 12-19 300 Freestyle Relay

Finals 30 Girls 12-14 200 Medley Relay

Finals 31 Boys 12-14 200 Medley Relay

Finals 32 Girls 15-16 200 Medley Relay

Finals 33 Boys 15-16 200 Medley Relay

Finals 34 Girls 200 Medley Relay

Finals 35 Boys 200 Medley Relay

Finals 36 Mixed 12-15 200 Freestyle Relay Multi-class

Finals 37 Mixed 12-15 200 Freestyle Relay Multi-class

Finals 38 Mixed 16 & Over 200 Freestyle Relay Multi-class

Finals 39 Mixed 16 & Over 200 Freestyle Relay Multi-class

Finals 40 Girls 12-14 400 IM

Finals 41 Boys 12-14 400 IM

Finals 42 Girls 15-16 400 IM

Finals 43 Boys 15-16 400 IM

Finals 44 Girls 17 & Over 400 IM

Finals 45 Boys 17 & Over 400 IM

Finals 46 Girls 12-15 200 IM Multi-class

Finals 47 Boys 12-15 200 IM Multi-class

Finals 48 Girls 16-19 200 IM Multi-class

Finals 49 Boys 16-19 200 IM Multi-class

Finals 50 Mixed 12-19 150 IM Multi-class

Session 2: Friday 22 May 2026

Start: 9:00am

Heat interval: 40 seconds / Back +30 seconds

Finals 101 Mixed 800 Freestyle

Finals 102 Girls 12-13 50 Breaststroke

Finals 103 Boys 12-13 50 Breaststroke

Finals 104 Girls 14 Year Olds 50 Breaststroke

Finals 105 Boys 14 Year Olds 50 Breaststroke

Finals 106 Girls 15 Year Olds 50 Breaststroke

Finals 107 Boys 15 Year Olds 50 Breaststroke

Finals 108 Girls 16 Year Olds 50 Breaststroke

Finals 109 Boys 16 Year Olds 50 Breaststroke

Finals 167 Boys 12-13 50 Backstroke

Finals 168 Girls 14 Year Olds 50 Backstroke

Finals 169 Boys 14 Year Olds 50 Backstroke

Finals 170 Girls 15 Year Olds 50 Backstroke

Finals 171 Boys 15 Year Olds 50 Backstroke

Finals 172 Girls 16 Year Olds 50 Backstroke

Finals 173 Boys 16 Year Olds 50 Backstroke

Finals 174 Girls 17 & Over 50 Backstroke

Finals 175 Boys 17 & Over 50 Backstroke

Finals 110 Girls 17 & Over 50 Breaststroke
Finals 111 Boys 17 & Over 50 Breaststroke
Finals 112 Girls 12-15 50 Breaststroke Multi-class
Finals 113 Boys 12-15 50 Breaststroke Multi-class
Finals 114 Girls 16 & Over 50 Breaststroke Multi-class
Finals 115 Boys 16 & Over 50 Breaststroke Multi-class
Finals 116 Girls 12-14 200 Butterfly
Finals 117 Boys 12-14 200 Butterfly
Finals 118 Girls 15-16 200 Butterfly
Finals 119 Boys 15-16 200 Butterfly
Finals 120 Girls 17 & Over 200 Butterfly
Finals 121 Boys 17 & Over 200 Butterfly
Finals 122 Girls 12-13 100 Backstroke
Finals 123 Boys 12-13 100 Backstroke
Finals 124 Girls 14 Year Olds 100 Backstroke
Finals 125 Boys 14 Year Olds 100 Backstroke
Finals 126 Girls 15 Year Olds 100 Backstroke
Finals 127 Boys 15 Year Olds 100 Backstroke
Finals 128 Girls 16 Year Olds 100 Backstroke
Finals 129 Boys 16 Year Olds 100 Backstroke
Finals 130 Girls 17 & Over 100 Backstroke
Finals 131 Boys 17 & Over 100 Backstroke
Finals 132 Girls 12-13 50 Freestyle
Finals 133 Boys 12-13 50 Freestyle
Finals 134 Girls 14 Year Olds 50 Freestyle
Finals 135 Boys 14 Year Olds 50 Freestyle
Finals 136 Girls 15 Year Olds 50 Freestyle
Finals 137 Boys 15 Year Olds 50 Freestyle
Finals 138 Girls 16 Year Olds 50 Freestyle
Finals 139 Boys 16 Year Olds 50 Freestyle
Finals 140 Girls 17 & Over 50 Freestyle
Finals 141 Boys 17 & Over 50 Freestyle
Finals 142 Girls 12-15 50 Freestyle Multi-class
Finals 143 Boys 12-15 50 Freestyle Multi-class
Finals 144 Girls 16 & Over 50 Freestyle Multi-class
Finals 145 Boys 16 & Over 50 Freestyle Multi-class
Finals 146 Girls 12-14 200 IM
Finals 147 Boys 12-14 200 IM
Finals 148 Girls 15-16 200 IM
Finals 149 Boys 15-16 200 IM
Finals 150 Girls 17 & Over 200 IM
Finals 151 Boys 17 & Over 200 IM
Finals 152 Girls 12-13 100 Butterfly
Finals 153 Boys 12-13 100 Butterfly
Finals 154 Girls 14 Year Olds 100 Butterfly
Finals 155 Boys 14 Year Olds 100 Butterfly
Finals 156 Girls 15 Year Olds 100 Butterfly
Finals 157 Boys 15 Year Olds 100 Butterfly
Finals 158 Girls 16 Year Olds 100 Butterfly
Finals 159 Boys 16 Year Olds 100 Butterfly

Finals 176 Girls 12-15 50 Backstroke Multi-class
Finals 177 Boys 12-15 50 Backstroke Multi-class
Finals 178 Girls 16 & Over 50 Backstroke Multi-class
Finals 179 Boys 16 & Over 50 Backstroke Multi-class
Break: 25 Minutes: Lunch Break
Finals 180 Girls 12-14 400 Freestyle
Finals 181 Boys 12-14 400 Freestyle
Finals 182 Girls 15-16 400 Freestyle
Finals 183 Boys 15-16 400 Freestyle
Finals 184 Girls 17 & Over 400 Freestyle
Finals 185 Boys 17 & Over 400 Freestyle
Finals 186 Girls 12-14 200 Backstroke
Finals 187 Boys 12-14 200 Backstroke
Finals 188 Girls 15-16 200 Backstroke
Finals 189 Boys 15-16 200 Backstroke
Finals 190 Girls 17 & Over 200 Backstroke
Finals 191 Boys 17 & Over 200 Backstroke
Finals 192 Girls 12-15 100 Backstroke Multi-class
Finals 193 Boys 12-15 100 Backstroke Multi-class
Finals 194 Girls 16-19 100 Backstroke Multi-class
Finals 195 Boys 16-19 100 Backstroke Multi-class
Finals 196 Girls 12-13 50 Butterfly
Finals 197 Boys 12-13 50 Butterfly
Finals 198 Girls 14 Year Olds 50 Butterfly
Finals 199 Boys 14 Year Olds 50 Butterfly
Finals 200 Girls 15 Year Olds 50 Butterfly
Finals 201 Boys 15 Year Olds 50 Butterfly
Finals 202 Girls 16 Year Olds 50 Butterfly
Finals 203 Boys 16 Year Olds 50 Butterfly
Finals 204 Girls 17 & Over 50 Butterfly
Finals 205 Boys 17 & Over 50 Butterfly
Finals 206 Girls 12-15 50 Butterfly Multi-class
Finals 207 Boys 12-15 50 Butterfly Multi-class
Finals 208 Girls 16 & Over 50 Butterfly Multi-class
Finals 209 Boys 16 & Over 50 Butterfly Multi-class
Finals 210 Girls 12-13 100 Breaststroke
Finals 211 Boys 12-13 100 Breaststroke
Finals 212 Girls 14 Year Olds 100 Breaststroke
Finals 213 Boys 14 Year Olds 100 Breaststroke
Finals 214 Girls 15 Year Olds 100 Breaststroke
Finals 215 Boys 15 Year Olds 100 Breaststroke
Finals 216 Girls 16 Year Olds 100 Breaststroke
Finals 217 Boys 16 Year Olds 100 Breaststroke
Finals 218 Girls 17 & Over 100 Breaststroke
Finals 219 Boys 17 & Over 100 Breaststroke
Finals 220 Girls 12-15 100 Breaststroke Multi-class
Finals 221 Boys 12-15 100 Breaststroke Multi-class
Finals 222 Girls 16-19 100 Breaststroke Multi-class
Finals 223 Boys 16-19 100 Breaststroke Multi-class
Finals 224 Girls 12-14 200 Freestyle

Finals 160 Girls 17 & Over 100 Butterfly

Finals 161 Boys 17 & Over 100 Butterfly

Finals 162 Girls 12-15 100 Butterfly Multi-class

Finals 163 Boys 12-15 100 Butterfly Multi-class

Finals 164 Girls 16-19 100 Butterfly Multi-class

Finals 165 Boys 16-19 100 Butterfly Multi-class

Finals 166 Girls 12-13 50 Backstroke

Finals 225 Boys 12-14 200 Freestyle

Finals 226 Girls 15-16 200 Freestyle

Finals 227 Boys 15-16 200 Freestyle

Finals 228 Girls 17 & Over 200 Freestyle

Finals 229 Boys 17 & Over 200 Freestyle

Finals 230 Girls 12-19 200 Freestyle Multi-class

Finals 231 Boys 12-19 200 Freestyle Multi-class

Heat Sheets

Heat sheets will be available on MeetMobile on the morning of each day of competition.

Results

Live results will be available on MeetMobile.

Complete results, including records and selected teams, will be posted on the NSW All Schools Swimming event page: <https://app.education.nsw.gov.au/sport/nsw-all-schools>

Clear Pool Deck

Only NSW All Schools officials and coaches who have received sector endorsement may enter pool deck. Sector endorsed coaches will have limited access to pool deck and will be informed of areas they have access to when they sign in with their sector.

Marshalling

Will occur in the Murray Rose/Dawn Fraser rooms at the northern end of the competition pool concourse.

Boys and relays will marshal in the Murray Rose room and Girls and multi-class events will marshal in the Dawn Fraser room.

Warm-up procedures

Please note that the competition pool will be available for warm-ups from 12:00-12:50pm on Thursday 21 May and from 8:00-8:50am on Friday 22 May.







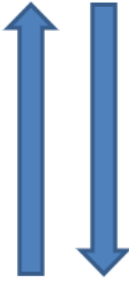
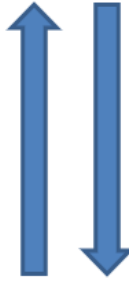




The 25m utility pool will be available for warm-ups throughout the championship, but swimmers are asked to be mindful of the NSW All Schools Diving Championship, which is occurring at the same time.

Please see diagram listing warm-up procedures.

Competition pool

Start end					
Lane 0	Lane 1 & 2	Lane 3 & 4	Lane 5 & 6	Lane 7 & 8	Lane 9
All ages	12-14 years	12-14 years	15-19 years	15-19 years	Multi Class
Dive start sprints	Dive start 25's	Lap swimming (no diving)	Lap swimming (no diving)	Dive start 25's	Dive start 25's
Dive start sprints	Turning practice (no diving)	Lap swimming (no diving)	Lap swimming (no diving)	Turning practice (no diving)	Turning practice (no diving)
Turning end					

25m Utility Pool

Lane 7 No Diving Feet First Lap Swimming Keep left	Lane 6 Relay Change Mode	Lane 5 Relay Change Mode	Lane 4 No Diving Feet First Lap Swimming Keep left	Lane 3 No Diving Feet First Lap Swimming Keep left	Lane 2 Dive Start No lap <u>swimming</u>	Lane 1 No Entry 	Lane 0 Multi Class No Diving Feet First Circle Swimming
	Change  Start  Change	Change  Start  Change					
Lane 7 No Diving Feet First Lap Swimming Keep left	Lane 6 Relay Change Mode	Lane 5 Relay Change Mode	Lane 4 No Diving Feet First Lap Swimming Keep left	Lane 3 No Diving Feet First Lap Swimming Keep left	Lane 2 No Entry 	Lane 1 Dive Start No lap swimming	Lane 0 Multi Class No Diving Feet First Circle Swimming

Approved Swimwear

All swimwear must be on FINA's list of approved swimwear and meet CBL 24 "General Swimsuit Guidelines FIND LINK" listed in Swimming Australia competition rules.

Swim Caps

Sector representative swim caps (NSWCCC / NSWCHS / NSWCIS) must be worn for all individual events. School or sector representative swim caps (NSWCCC / NSWCHS / NSWCIS) may be worn for relays. All team members must wear the identical cap.

Protests

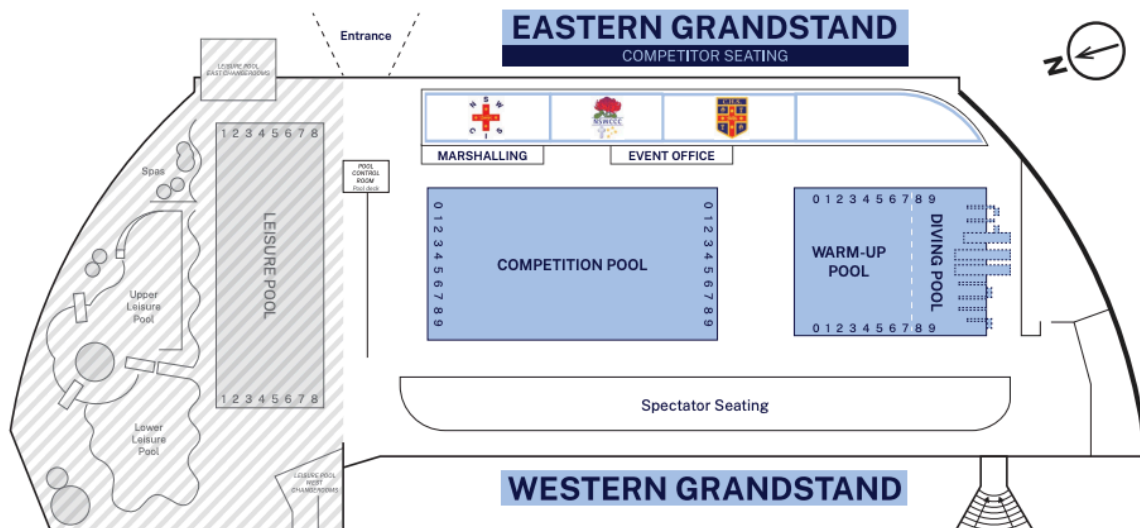
All protests must be lodged in writing by the team manager to the referee within twenty minutes of the conclusion of the event.

Spectators

Spectator Entry

Gates will open at 11:30am on Thursday 21 May and 7:30am on Friday 22 May. There is no cost of entry for spectators

Grandstand Seating



- CIS swimmers are asked to sit in the northern end of the eastern grandstand (closest to the bridge).
- CCC swimmers are asked to sit in the middle of the eastern grandstand.
- CHS swimmers are asked to sit in the southern end of the eastern grandstand (closest to the warm-up pool).

We are requesting that competitors sit in the bottom half of the bay to allow for easy access to team management and parents and coaches sit in the top half of the bay or in the western grandstand. Please follow signage in each stand.

Parking

Championship attendees will receive four hours free parking in P2 & P3.

Parking tickets need to be validated at SOPAC reception before returning to the car park pay station.

Food and Drink

Spectators are reminded that commercial food and drink (including coffee) is not allowed to be brought into the venue.

Concession stands will be in operation.

Officials

Role	Name	School / Organisation
Meet Director	Chris Anschau	NSWCCC
Assistant Meet Director	Jason Cooper	NSWCIS
Assistant Meet Director	Tayla Wright	NSWCHS
Assistant Meet Director	Richella McMorrough-Enright	NSWCHS
Championship Coordinator	Matt Mee	School Sport Unit
Chief Referee	Gwen Willmett	Swimming NSW
Referee / Judge of Strokes	Brett Patrick	Swimming NSW
	Samantha Gardner-Wade	Swimming NSW
	Dominic Ursino	Swimming NSW
	Tom Murphy	Swimming NSW
Starter	John Owen	Swimming NSW
Announcer	Rick Joyce	NSWCCC
Results Coordinator	Helen Wood	Sports Data Services (SDS)
Results	Kayleen Murphy	Sports Data Services (SDS)
	Cherry Smith	Sports Data Services (SDS)
Results Distribution	Peter George	NSWCHS
	Daniel Morris	NSWCHS
Results - Website	Simone Harris	School Sport Unit
	Jacqui Hoad	School Sport Unit
Marshall / Check Starter	Hayley Lagats	NSWCCC
	Taylor Homery	NSWCCC
	Nadine Davis	NSWCHS
	Dimity Stewart	NSWCHS
	Daniel Morris	NSWCHS
	Lachlan Braddish	NSWCHS
Quantum Electronics	Alison Sargeant	NSWCHS
	Gloria Wiegmann	Swimming NSW
Backstroke Ledges	Daniel Arnarnart	NSWCIS
	Benjamin Tuxford	NSWCIS
	Steven Goodier	NSWCIS
	Brett Winkworth	NSWCIS
	Matt Brown	NSWCIS
	Patrick Teleki	NSWCIS
	Daniel Benvenuti	NSWCIS
	Thomas Hargreaves	NSWCIS
	Idesa Vincent	NSWCIS
	Amanda Isaac	NSWCIS
Multiclass Event Support	Trish Furey	NSWCCC
	Sharyn Gill-Andrews	NSWCCC
	Dianne Maddern	NSWCHS
	Carolyn Sparkes	NSWCHS
Presentations	Cassie Hanrahan	NSWCHS
	Julie Aylett	NSWCCC
	Jenny Warren	NSWCHS
Student Helper Coordinator	Kerrie Barton	NSWCHS

General Duties	Dominic Ursino	NSWCHS
Student Helpers	Greystanes High School	

Team Management

Role	Name	School / Organisation
Manager-in-charge	Lauren Wilson	Narrabeen Sports High School
	Alicia Burns	Endeavour Sports High School
	Taylor Gardner	Dapto High School
	Michael Webb	St Ignatius' College - Riverview
NSW All Schools	Tara Thode	Westfields Sports High School
	Sharyn Gill-Andrews	Trinity Catholic College, Lismore
	Les Trist	Oak Flats HS
	Rebecca Wheatley	East Hills Boys High School
NSW Combined Catholic Colleges	Wendy Breen	NSWCCC
	Patricia (Trish) Furey	St John Paul College, Coffs Harbour
	Rebecca Hanrahan	Mater Dei School, Camden
	Mitchell Robins	St John Paul College, Coffs Harbour
NSW Combined High Schools Sports Association	Alicia Burns	Endeavour Sports High School
	Paul Creighton	Dapto High School
	Shelley Smith	Brisbane Water Secondary College, Umina Campus
	Les Trist	NSWCHS
	Dianne Maddern	Cronulla High School
	Taylor Gardner	Dapto High School
	Tara Thode	Westfields Sports High School
	Aleasha Morgan	Riverstone High School
NSW Combined Independent Schools	Jason Cooper	Barker College
	Heidi Craig	Emmanuel Anglican College Ballina
	Samuel Dick	Lindisfarne Anglican Grammar School
	Lee-Anne Dobson	North Coast Independent Schools Sports Association
	Nicola Silsby	Waverley College
	Carolyn Sparkes	Christian Schools Sports Association

NSW All Schools Swim Team

NSW All Schools Selection Eligibility

To be eligible for selection in the NSW All Schools Swim Team, students must:

1. Be enrolled at an affiliated NSW school.
2. Compete at the NSW All Schools Championship.

NSW All Schools Team

Students will be informed after their race if they have achieved a spot in the team. The table below shows the breakdown of the number of swimmers for each race that we are able to send to compete at School Sport Australia. Positions in the team will be awarded to the top placing swimmers as identified by the tables below.

NSW All Schools Team Composition by Event

AGE GROUP/ EVENTS	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	200 IM	400 IM
12/13 years (secondary)	3	2					3	2		3	2		3	2			
14 years	3	2					3	2		3	2		3	2			
Junior 12/13 - 14 years			2	2					2			2			2	2	2
15 years	3	2					3	2		3	2		3	2			
16 years	3	2					3	2		3	2		3	2			
Intermediate 15 - 16 years			2	2					2			2			2	2	2
17 - 19 years	3	2	2	2			3	2	2	3	2	2	3	2	2	2	2
Open					1boy 1girl	1boy 1girl											

Multi-class events – Secondary events

AGE GROUP/ EVENTS	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	50 Fly	100 Fly	200 Fly	50 Breast	100 Breast	200 Breast	50 Back	100 Back	200 Back	150 IM (SM 1-4)	200 IM
12/13 -15 years MC	3	3	3				3	3		3	3		3	3		3	3
16-19 years MC	3	3	3				3	3		3	3		3	3		3	3

Students will receive their selection letter when they pick up their medals from the presentation area on the bridge.

Relay selections will be sent to team members once they have been confirmed. Relays are viewed as a bonus swim.

Students withdrawing from events or the from team itself are to follow the withdrawal instructions on the team selection letter. Replacement swimmers will be contacted and provided details if a spot opens up for them.

School Sport Australia Championship Information

All swimmers in the NSW All Schools Swim Team are expected to attend the duration of the School Sport Australia Swimming Championship being held in Melbourne (VIC) from Saturday 25 - Thursday 30 July 2026.

<https://www.schoolsportaustralia.edu.au/swimming/>

School sport - for parents

Welcome and thank you for attending these championships and supporting your child. Parents, caregivers, coaches, teachers and volunteers play a significant role in the motivation and development of young people.

Due to the regularity of contact and the influence parents and caregivers have as role models for young people, they particularly have an opportunity to shape the behaviours, enthusiasm and respect young people demonstrate in their sporting endeavours.

Please find below some suggestions that might enhance the enjoyment of all those involved in the school sporting pathway.

- Enjoy the journey.
- Sport is a journey that provides physical, social and emotional benefits for children. Enjoyment and having fun with friends is their greatest reward. You also share in this enjoyment.
- It's better if the first question you ask your child is "did you enjoy it?" rather than "did you win?"
- Not every child is going to become a champion but every child has the opportunity to continue enjoying sport through coaching, managing or supporting.
- Model good behaviours and never accept poor sportsmanship from your child or their coach.
- Children learn more by seeing than hearing, particularly from people they care about. No matter what the circumstances, be someone they can admire and respect.
- Parents aren't judged on their child's accomplishments; however, parents are often held responsible for their child's behaviour.
- Your child's results should not affect your mood.
- Never get upset after an event where results don't go the way of your child.
- Give your child space to grow and mature.
- All children are different. Accept your child for who they are. Fault finding makes the child question their self-worth. Letting a child know how much you care about them makes them proud and builds resilience.
- Focus on the processes rather than the outcomes.
- Parents should understand that the best athletes focus on the process, because the result is often out of their control.
- Avoid going over the top about your child's talent.
- Every sport has talented athletes, but for various reasons they do not always reach the pinnacle.
- Encourage good attitudes.
- Good attitudes carry over into all aspects of life.
- Support the coach, especially in public and in front of your child.
- If there is a disagreement, settle it privately.
- Negatively discussing other parents or coaches in front of your child can be detrimental.
- No matter how private conversations are, they can become public very easily.
- Build good relationships with other parents.
- Parents of your children's friends will often become your friends.
- You should not compare your child's journey to another child's journey.
- Children mature at different rates. All children are different. Try to understand your child's views of the world around them.
- If your child makes mistakes, let them experience the consequences of their actions.
- This is how they learn and grow and become independent, resourceful and confident.
- Set-backs and failures are opportunities for improvement. Explain to your child that continued effort, practice and learning are the keys to success.
- Recognise your child's results don't define you.
- Your child's success or disappointment does not change other parents' views of you.
- Develop your child's strengths.

Help your child to identify their strengths and develop them. These children experience success, become inspired, confident and resilient.