

### **What does it mean to be the parent of a Synchronized Skater?**

Being the parent of a synchronized skater is significantly different from being the parent of a singles skater. It can be a very rewarding experience for both the skaters and the parents, but you must remember that synchronized skating is a TEAM sport, not an individual sport. That means you gain the benefits of being part of a team, but also means you are no longer the decision-maker. It is important to you, your child and the team that you can understand and accept those differences. Synchronized skating offers a fabulous opportunity. It will teach your child valuable lessons for life-commitment, teamwork social skills, sportsmanship and time management, while providing educational benefits that come from the travel associated with the sport. And on top of all that is a lot of fun!

### **What is the role of a synchro parent?**

#### **Support the skater**

- Share in the joy of your skater's success
- Be understanding when your child or another child falls or makes a mistake
- Encourage your child to do the best they can for their team

#### **Support the Coach**

- Do as asked
- Get your skater to practice on time
- Make sure your skater does required training outside of synchro practice
- Remember, the coach is the technician
- Let the coach take care of what happens on the ice

#### **Travel with the Team**

- Keep in mind that the primary purpose for travel is competition
- The team, not the parents, will set rules regarding meals, parental visits, etc. It is the responsibility of the coach and team manager to communicate that prior to the trip. It is important that the skaters and parents understand and follow the team rules. During the trip is not the time for parents to present their objection to the policies. If you have concerns, be sure to ask your questions before you leave home
- Sightseeing is a great benefit, but it must work around the practice schedule
- Parents should provide the skaters with adequate food and sleep
- Liquor and cigarettes should not be in rooms with children

Understand you may not agree with the judges results but we are layman without training. It is a lot more difficult than it looks. When in the stands do not talk about other teams unless it is positive and encouraging to the skaters and parent of the team. While sitting in the stands; cheer and applaud the efforts of all teams. Remember why our children do sports—Participation is most important, not winning. Please teach your child to deal with results, not criticized judges but sportsmanship.

Life lessons: we don't always win, even when we do our best

Adapted from an article from USFS