

# NSW PRIMARY SCHOOLS SPORTS ASSOCIATION

## Diving Championships



**Sydney Olympic Park Aquatic Centre**

11 April 2018

Hosted by

NSW Primary Schools Sports Association in conjunction  
with the NSW Department of Education School Sport Unit



Education

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## Welcome from Craig Stevens

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Swimming Olympian & Medallist  
World Championship Swimmer & Medallist  
Commonwealth Games Swimmer & Medallist  
NSWPSSA Swimming Representative  
NSWCHSSA Swimming Representative  
NSWCHSSA Blue Award (Swimming 1998)  
Bonnet Bay & Loftus Public School  
Jannali & Endeavour Sports High School



Welcome to the 2018 New South Wales Primary Schools Sports Association Diving Championships.

It was such a great experience for me growing up and participating in swimming championships offered in the public school system. School Sport offered so many opportunities for myself and gave me so much motivation to perform both in and out of school.

Throughout my primary schooling I did well and reached the State Championships, winning medals. In high school my competitive swimming outside of school competition suffered and I was thinking whether or not to continue.

When I was 16 I was able to win a medal in the 800metres at the NSWCHSSA Championships and that was a massive boost for me, It was the start of a new chapter in my swimming career. It pushed me to new levels. In Year 11 and Year 12 I was able to make it through to NSW All Schools and then to the National School Swimming Championships where I was able to win medals.

The year after leaving school I was selected in my first Australian Open Swimming Team at the 1999 Pan Pacific Championships. From there I competed at 3 World Championships, 2 Commonwealth Games and 2 Olympics. I was able to win medals at all major meets.

If not for the confidence I gained through participating in school sport championships and the friends I made in swimming through the public education programs I am sure I would not have achieved what I have.

I wish you all the best in your future endeavours and hope you compete in the right spirit, doing so fairly and in a way where you always do your best, whether you win or just do a 'personal best' do so with good sportsmanship.

Good luck in your future sporting endeavours!

A handwritten signature in black ink, appearing to read 'Craig Stevens'.

Craig Stevens

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# Welcome from the NSW Department of Education

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I am delighted to welcome competitors, parents, caregivers, team and event officials and supporters to the Sydney Olympic Park Aquatic Centre for the 2018 NSW Primary Schools Sports Association Diving Championships.

Our school sport programs are rich in tradition and your participation at this event acknowledges your part in this long history.

School sport championships and carnivals, organised and conducted by our state and regional schools sports associations, showcase the enormous talent that is nurtured in our schools. These opportunities encourage competitors to participate in the spirit of friendship, fair play and respect for others.

Students are here this week representing their schools, and schools sports associations. Many students will achieve a personal best and gain a greater understanding that participation in sport provides enjoyment, builds connections and develops lifelong skills, including team work, problem solving and decision making.

On behalf of the NSW Department of Education, I would like to thank our host school sport association NSWPSA for their hospitality and event organisation. I also extend my thanks and appreciation to the parents, caregivers, teachers, principals and community sports organisations that have supported this championship. I would particularly like to acknowledge Teachers Mutual Bank for their ongoing support of our school sporting programs.

I trust that all competitors will be rewarded through their own personal performances and that they will leave with fond memories of their participation in the NSW Primary Schools Sports Association Diving Championships.

I am certain that every individual effort will be recognised and greatly appreciated by schools and schools sports associations.

Mark Scott  
**Secretary, Department of Education**



## NSWPSSA Executive

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President

Snr Vice President

Vice Presidents

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Executive Officer

NSWPSSA Diving Convener

Ross Hallaways

Gary McSweeney

Tracey McKinnier

Ben Thomas

Peter Banks

Glen Hidson

Jason Wilesmith

Sue Milford

# Conveners Message

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Welcome to Sydney Olympic Park for the Diving championships and School Sport Australia trials. I would like to thank Diving NSW for their continued support of these Championships.

The support from our sponsors is always greatly appreciated. I would like to thank them for their continued effort. Diving would like to thank EYELINE for their continued support.

Sue Milford  
Convener



Participating Teams:



## Order of Events

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(approximate times for events)

<b>8:00am</b>	<b>Warm up</b>
<b>9:00am</b>	<b>Competition start</b>
9:00am	8 Years Boys and Girls Springboard
9:30am	9 Years Boys and Girls Springboard
10:00am	10 Years Boys and Girls Springboard (incorporating PSG trial)
10:40am	11 Years Girls Springboard (incorporating PSG trial)
11:45am	11 Years Boys Springboard (incorporating PSG trial)
12:40pm	12 Years Girls Springboard (incorporating PSG trial)
12:40pm	12 Years Boys Springboard (incorporating PSG trial)
1:30pm	Open Platform - Girls (incorporating PSG trial)
1:30pm	Open Platform - Boys (incorporating PSG trial)

## PSSA

### General

**Entries:** Each Association may enter three (3) competitors in each competition.

**Eligibility:** Competing divers must be bonafide students of schools within the association they represent.

**Age:** Age is determined by age turned during the year of competition.

### Diving Requirements – PSSA

Age	Event	Limited Dives	Unlimited Dives
8/9	1m and/or 3m	1 dive @ 1.5 limit DD	plus 2 dives with no limit on DD
10/11	1m and/or 3m	1 dive @ 1.6 limit DD	plus 2 dives from 2 groups no limit on DD
12/13	1m and/or 3m	2 dives from different groups @ 3.6	plus 2 dives from 2 groups no limited on DD
Platform	5m only	1 dive @ 1.6 limit DD	plus 2 dives with no limit on DD

To be eligible for selection to compete at the School Sport Australia Diving Championship the divers must perform an extra dive in the competition to fulfil the requirements.

### Diving Requirements – School Sport Australia

Age	Event	Limited Dives	Unlimited Dives
10/11 Yrs	1m and/or 3m	2 dives from different groups – total maximum DD 3.6	plus 2 dives from different groups with no limit on DD
12 Years	1m and/or 3m	3 dives from different groups – total maximum DD 5.4	plus 2 dives from different groups with no limit on DD
Open Platform	5m only	2 dives from different groups – total maximum DD 3.6	plus 2 dives from different groups with no limit on DD

# Dive Order

Wednesday, 11 April 2018

<b>Event No: 1 Girls 8 Years</b>					
No	Name	Assoc	School	Score	Place
1	Addison Woods	CIS	Pymble Ladies College		
2	Hannah Moodie	CIS	PLC Sydney		
3	Ellie Rowe	CIS	Pymble Ladies College		
<b>Event No: 2 Boys 8 Years</b>					
No	Name	Assoc	School	Score	Place
1					
<b>Event No: 3 Girls 9 Years</b>					
No	Name	Assoc	School	Score	Place
1	Annie Pennington	CIS	Pymble LC		
2	Rose Tan	CIS	PLC Sydney		
3	Arabelle Mumford	CIS	Pymble LC		
4	Hayden Yam	SN	Hornsby Heights PS		
5	Mariah Photi	SE	Earlwood PS		
<b>Event No: 4 Boys 9 Years</b>					
No	Name	Assoc	School	Score	Place
1	Samuel Tan	CIS	Wahroonga Prep		
2	Jason Thomas	CIS	Barker College		
3	Patrick Lewsam	HUN	Wallsend South PS		
<b>Event No: 5 Girls 10 Years</b>					
No	Name	Assoc	School	Score	Place
1	Brooke Lawson	CIS	NBCS		
2	Charlotte Horbach	CIS	Abbotsleigh		
3	Bonnie McInerney	CIS	Abbotsleigh		
<b>Event No: 6 Boys 10 Years</b>					
No	Name	Assoc	School	Score	Place
1	Baxter Karam	SE	Annandale PS		
2	Lawson Wilson	CIS	NBCS		
3	Bana Lavine	NC	Hastings PS		
4	Gabriel Rodrigues	CIS	Penrith Anglican		
5	Massimo Bottos	MAC	Our Lady of Fatima Kingsgrove		
6	Peter Galanos	CIS	Trinity Grammar		
<b>Event No: 7 Girls 11 Years</b>					
No	Name	Assoc	School	Score	Place
1	Charlotte Seghers	MAC	St Joseph's Wagga Wagga		
2	Alix Cooksey	HUN	Eleebana PS		
3	Charlotte Calic	MAC	St Brendan's Annandale		
4	Amelia Coyne	POL	St John the Baptist Maitland		
5	Harriet Kaan	CIS	Abbotsleigh		
6	Seruwaia Vukici	SSW	Chipping Norton PS		
7	Philomena Grigg	MAC	Holy Trinity Wagga Wagga		
8	Annabel Shanahan	CIS	Pymble Ladies College		
9	Poppy McLaughlin	POL	St the Baptist Freshwater		
10	Ava Hudson	HUN	Hamilton PS		
11	Eva Peres	CIS	Ascham		
12	Allira Bleasdale	NW	Lightning Ridge CS		
<b>Event No: 8 Boys 11 Years</b>					
No	Name	Assoc	School	Score	Place
1	Lachlan Abbott	CIS	Barker College		
2	Nathan Lewsam	HUN	Wallsend south PS		
3	Anthony Del Popolo	CIS	St Patricks		
4	Jeremy Spillane	SN	Curl Curl North PS		
5	Joshua Gill	SN	Curl Curl North PS		
6	Joshua Lee	CIS	Medowie Christian School		
7	Luke Collins	SN	Pennant Hills PS		
8	Aubrey Barr	HUN	Nulkaba PS		
<b>Event No: 9 Girls 12 Years</b>					
No	Name	Assoc	School	Score	Place
1	Sofia Al Hassan	CIS	PLC Sydney		
2	Emily Silberstein	SE	Fort St PS		
3	Daisy Butler	SN	Mona Vale PS		
4	Lindsay Lambert	POL	Our Lady of Perpetual Succour West Pymble		
5	Ellie Cole	CIS	PLC Sydney		

6	Agnes MacLeod	SN	Harbord PS		
7	Macee Robinson	POL	Sacred Heart Mona Vale		
8	Sahra Garside	HUN	Marylands PS		
9	Sophia Horbach	CIS	Abbotsleigh		
10	Ruby Jeffries	HUN	Jewells PS		
11	Fu Man Chandler	SE	Annandale North PS		
<b>Event No: 10 Boys 12 Years</b>					
<b>No</b>	<b>Name</b>	<b>Assoc</b>	<b>School</b>	<b>Score</b>	<b>Place</b>
1	Jimmy Maher	RIV	Turvey PS		
2	Max Pinkerton	HUN	New Lambton PS		
3	Bailey Houlihan	MAC	Our Lady of the Way Emu Plains		
4	Markus Parinetto	CIS	St Patricks		
5	Ethan McGreal	SN	Wheeler PS		
<b>Event No: 11 Open Girls Platform</b>					
<b>No</b>	<b>Name</b>	<b>Assoc</b>	<b>School</b>	<b>Score</b>	<b>Place</b>
1	Ellie Cole	CIS	PLC Sydney		
2	Rose Tan	CIS	PLC Sydney		
3	Sophia Horbach	CIS	Abbotsleigh		
4	Allira Bleasdale	NW	Lightning Ridge CS		
<b>Event No: 12 Open Boys Platform</b>					
<b>No</b>	<b>Name</b>	<b>Assoc</b>	<b>School</b>	<b>Score</b>	<b>Place</b>
1	Baxter Karam	SE	Annandale PS		
2	Aubrey Barr	HUN	Nulkaba PS		
3	Lachlan Abbott	CIS	Barker College		
4	Joshua Lee	CIS	Medowie Christian College		
5	Markus Parinetto	CIS	St Patricks		
6	Bailey Houlihan	MAC	Our Lady of the Way Emu Plains		

# OFFICIAL NSW PSSA SWIMMING & DIVING CHAMPIONSHIPS PHOTOGRAPHS



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book in a team photo day/portrait session for your club (all sports!)

## History of School Sport

Prior to the establishment of the competitive school sport program in 1889, (which was prior to the commencement of the modern Olympic Games in 1896), most schools conducted games, dancing, gymnastics and rhythmic movement programs for students.

Schools also implemented both internal sporting programs and arranged competitive matches against other local schools. Many country schools travelled long distances to ensure young people experienced the challenges, benefits and enjoyment provided by competitive sporting opportunities.

In 1889, the NSW Public Schools Amateur Athletic Association was formed by a group of dedicated teachers to coordinate school sport in NSW. For the first 25 years the one single event that took pride of place on the calendar was the Annual Sports Carnival which took place at the Sydney Cricket Ground and the Sydney Showground (formerly Agricultural Grounds and now Fox Studios) at Moore Park.

Crowds of 40,000 – 50,000 spectators would gather to watch 12,000 students participating in events that included sprinting, walking, sack races and throwing a cricket ball, along with military type drill competitions. From these humble beginnings school sport has evolved into the current program that is organised by the NSW Primary Schools Sports Association and the NSW Combined High Schools Sports Association. These organisations now offer over 60 state championships and 80 knockout competitions; involving over 300,000 students annually.

The timeline below reflects the place of school sport in the history of NSW and Australia and how public school sport graduates have progressed to represent their state and country in some of the major sporting events held globally over the past 130 years.

1889 Formation of the school sport program as we know it today	
Victor Trumper <b>Cricket</b> Crown Street Public School	Selected in the 1889 Australian team that toured England. Considered one of the most naturally talented cricketers to have played the game. At the 1895 NSWPSAAA Annual Sports Carnival, Trumper won the fielding / throwing of a cricket ball competition.
Herbert (Dally) Messenger <b>Rugby Union/ Rugby League</b> Double Bay Public School	Considered one of the greatest ever players in either Rugby Union or Rugby League. Messenger played 2 Rugby Union tests and 7 Rugby League tests. Transferred from Rugby Union to Rugby League to become a professional player.
Harold Hardwick <b>Swimming</b> Fort St Model School	All Schools Swimming Championships Gold Medallist 1905. Stockholm Olympic Games (1912) - Gold medallist 4 x 200m freestyle relay. Department of Education- Director of Physical Education (ret 1953).
Fanny Durack <b>Swimming</b> Crown Street Public School	From 1910 – 1918, Fanny was considered the world’s greatest female swimmer over all distances. Won a Gold Medal at the Stockholm Olympic Games for the 100m freestyle
1914 – 1918 The First World War	
Andrew ‘Boy’ Charlton <b>Swimming</b> Manly Village Public School	Attended three Olympic Games – 1924, 1928 and 1932, winning a total of five medals including one Gold.
1929 – 1939 Great Depression	
Sir Donald Bradman <b>Cricket</b> Bowral Public School	Acknowledged as the greatest cricketer of all time. His extraordinary achievements lifted the nation during the Great Depression. After World War II, at 37 years of age Bradman returned to Test Match cricket in the 1945-46 series against England and again for the 1947-48 Invincibles Tour of England. Bradman’s presence in these matches again raised the spirits of Australia.
1939 – 1945 The Second World War	
Ken Rosewall (MBE) (AM) <b>Tennis</b> Rockdale Public School	Won his first Australian Open Tennis Championship in 1953, repeating this effort in 1955, 1971 and 1972. He also won the French Open in 1953 and 1968, US Open winner 1956 and 1970. In all he won 23 Tennis majors including 8 grand slam singles.
Arthur Buchan <b>Rugby</b> Sydney Technical High School	Selected for the 1946 Wallabies. Played 10 Rugby tests for Australia. Also became Deputy Director General, NSW Department of Education.



Marjorie Jackson-Nelson (AC)(CVO)(MBE) <b>Athletics (Track)</b> Coffs Harbour and Coerwull Public Schools, Lithgow High		1952 Helsinki Olympic Games, won 2 sprinting Gold Medals. Became Governor of South Australia.
<b>1956 Melbourne Olympic Games</b>		
Betty Cuthbert (MBE) (AM) <b>Athletics (Track)</b> Ermington Public School / Parramatta Domestic Home Science School		Triple Athletics Gold medallist in Melbourne (100m, 200m, and 4 x 100m relay) Gold medal in Tokyo (1964) in the 400m.
Dawn Fraser <b>Swimming</b> Birchgrove Public School /Leichhardt High		Won her first 100m Gold Medal at the Melbourne Olympics. Subsequently won Gold Medals in Rome 1960 and Tokyo 1964. (one of only three swimmers to win the same event at three Olympic Games)
Lew Hoad <b>Tennis</b> Glebe Public School		Won the Australian Open Tennis Championship in 1956. Won 4 major Tennis titles and was a part of 3 Davis Cup victories.
Arthur Summons <b>Rugby Union/ Rugby League</b> Homebush Boys High School	Norm Provan <b>Rugby League</b> Willoughby PS Crows Nest PS Technical College	Arthur Summons along with Norm Provan immortalised on the trophy presented to the winners of the NRL Grand Final. The trophy was modelled off the photo taken by John O'Grady after 1963 Grand Final.
Sir Jack Brabham <b>Motor Racing</b> Hurstville Boys High School		In 1959 won his first of 3 Formula 1 World Motor Racing Championships. The first Australian ever to win the world title.
Bernard (Midget) Farrelly <b>Surfing</b> Manly Village Public School		Won the 1964 inaugural World Surfing Championships. Considered a pioneer of surfing in Australia.
Heather McKay <b>Squash</b> Queanbeyan West Public School Queanbeyan High School		In 1962 won her first British Open (at that time considered the World Championship) and then held this title for 15 consecutive years.
<b>1969 Neil Armstrong becomes the first man to walk on the moon</b>		
Evonne Goolagong (MBE) (AO) <b>Tennis</b> Barellan Central School Willoughby Girls High School		Won her first Wimbledon title in 1971. In total Evonne won 7 grand singles titles.
<b>1972 Munich Olympic Games</b>		
Graham Windeatt <b>Swimming</b> East Hills Boys High School		At the 1971 NSWCHSSA Swimming Championships Graham broke the World 800m freestyle record. He went onto represent Australia at the 1972 Munich Olympic Games where he won a silver medal in the 1500m.
Shane Gould <b>Swimming</b> Miranda Public School, Epping North Public School Turrumurra HS		Shane competed at the Munich Olympic Games while a student at Turrumurra High School winning 3 Gold medals, 1 silver and 1 bronze. Gail Neall also from Turrumurra High also won a gold medal in the 200m Butterfly. What an extraordinary double.
David Woods <b>Water Polo</b> Birchgrove Public School Drummoyne Boys High School		David represented at the 1972 Munich Olympic Games and the 1976 Montreal Olympic Games. He also represented at 2 World Championships and coached the Australian Women's team which included his daughter Taryn, whilst son Gavin has represented Australia in Water Polo at 4 Olympic Games. David was President of the NSWCHSSA from 1984 until 1991.
<b>1980 Moscow Olympics</b>		
Michelle Ford <b>Swimming</b> St George Girls High School		At the 1980 Moscow Olympics Michelle won the Gold medal in the 800m freestyle and a Bronze medal in the 200m Butterfly
Inaugural Rugby League Immortals announced in 1991		Rugby League immortals include Bob Fulton (Unanderra Public School and Dapto High School) Reg Gasnier (Sydney Technical High School)
<b>1983 Australia II wins the Americas Cup</b>		
Kevin Nichols <b>Cycling</b> Grafton/South Grafton HS		Captain of the 1984 cycling team that competed at the Los Angeles Olympic Games. Was a member of the Gold Medal winning Pursuit team.
Mark, Gary, Glen and Marcia Ella <b>Rugby and Netball</b> La Perouse Public School Matraville High School		The Ella family came to prominence when Mark, Gary and Glen Ella represented Australia in Rugby Union and were part of the 1984 Grand Slam winning team. In 1986 Marcia Ella represented Australia in Netball against New Zealand.

Craig Johnston <b>Football</b> Booragul High School	Scored a goal for Liverpool in their 3-1 victory over Everton in the 1986 FA Cup Final. A pioneer for Australian players securing contracts to play Football overseas.
Anne Sargeant <b>Netball</b> Forestville PS / Killarney Hts HS	Australian Netball player. Represented from 1978 until 1988, captaining the team for 6 years.
Steve and Mark Waugh <b>Cricket</b> Panania Public School East Hills Boys High School	Steve and Mark were both awarded CHS cricket Blues in 1984. In 1983 Steve won a CHS Soccer Blue and the President's Award. The twins represented the Australian Cricket team with distinction with Steven captaining the team in 57 test matches and 106 One Day Internationals.
Kerry Saxby AM <b>Athletics</b> Ballina High School	Elite race walker whose career spanned 1980 and 1990's. Kerry won 2 Commonwealth Games Gold Medals and set 32 world records during her career.
Layne Beachley AO <b>Surfing</b> Balgowlah Heights Public School Mackellar Girls High School	In 1990 Layne won the first of her 7 World Surfing titles. Layne inducted into the Australian Sports Hall of Fame in 2011.
<b>1991 World Wide Web goes public</b>	
Alyson Annan <b>Hockey</b> Macquarie Fields PS & HS	In 1996, Alyson won her first of two Olympic Gold medals in Atlanta. She also won two World Cup Golds and four Champions Trophy Golds. Alyson represented Australia in 228 international matches.
<b>2000 Sydney Olympic Games</b>	
Ian Thorpe <b>Swimming</b> Milperra Public School East Hills Boys High School	At the 2000 Sydney Olympics Ian won Gold Medals and set 2 World Records in swimming. In total won 5 Gold Medals and 11 World Championships.
Lauren Jackson <b>Basketball</b> Thurgoona Public School Murray High School	The Sydney 2000 Olympic Games were her first Olympic Games. Lauren has subsequently has played in 3 more Olympics; 2004, 2008 and 2012
Debbie Watson <b>Water Polo</b> Mackellar Girls High School	Captained gold medal winning Australian Women's Water Polo team (other team members were Taryn Woods (Fort Street), Bronwyn Mayer (Hunters Hill), Yvette Higgins (Riverside Girls) and Simone Hankin (Picnic Point)
Kurt Fearnley <b>Paralympic Athlete</b> Blayney Public School Blayney High School	At the Sydney 2000 Olympic Games he won 2 silver medals). In total Kurt competed at 5 Olympic games winning 3 Olympic Gold medals.
Tim Cahill <b>Football</b> Bexley Nth / Annandale Nth PS Tempe and Kingsgrove HS	Tim has represented Australia on 104 occasions, scoring 50 goals. He has had a stellar career playing for various overseas and Australian teams.
Torah Bright <b>Snowsports</b> Cooma North Public School	Torah won an Olympic Gold medal in the Half Pipe at the 2010 Vancouver Winter Olympic Games.
John Longmire <b>Australian Rules</b> Corowa PS / Corowa HS	After a successful playing career, John coached the Sydney Swans to the AFL Premiership flag in 2012 Grand Final.
James Spithill <b>Sailing</b> Pittwater High School	Youngest ever skipper to win the America Cup in 2010. He defended this title in 2013. Was the helmsman of Comanche which won the Sydney to Hobart in 2017.
Steven Smith <b>Cricket</b> Alfords Point Public School Menai High School	Steven Smith is considered one of the most outstanding cricketers of any era. He was appointed as Australian Cricket Captain in 2015. Steven joins a number of Australian Cricket Captains to graduate from NSW Public Schools. Others include Bill Brown (Petersham PS), Sir Donald Bradman (Bowral PS), Arthur Morris (Canterbury Boys HS), Ian Craig (North Sydney Boys HS), Richie Benaud (Jugiong PS and Parramatta HS), Bob Simpson (Earlwood PS and Tempe HS), Allan Border (North Sydney BHS), Mark Taylor (Chatswood HS), Steven Waugh (Panania South PS and East Hills Boys HS), Adam Gilchrist (Deniliquin PS and Kadina HS), Michael Clarke (Marsden Rd PS and Westfields Sports) and Brad Haddin (Karabar HS)

## School Sport – For parents

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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.

**1. 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.

**2. 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.

**3. 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.

**4. 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.

**5. 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.

**6. 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.

**7. 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.

**8. Encourage good attitudes.**

- Good attitudes carry over into all aspects of life.

**9. 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.

**10. Build good relationships with other parents.**

- Parents of your children's friends will often become your friends.

**11. 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.

**12. 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.

**13. Recognise your child's results don't define you.**

- Your child's success or disappointment does not change other parents' views of you.

**14. Develop your child's strengths.**

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