

Hydra Aquatics Parent Expectations

Parents are essential partners in our swimmer-first philosophy. By working together, we create a team culture grounded in growth, values, and support.

Hydra's Development Philosophy

Hydra Aquatics promotes long-term development through USA Swimming's American Development Model (ADM), focusing on confidence, character, connection, and competence. Families play a vital role in bringing that mission to life.

Support Our Values

- Reinforce Our Mission: Encourage your swimmer to lead with effort, kindness, and integrity-on deck and in life.
- Celebrate Holistic Growth: Value who your child is becoming, not just how fast they swim.
- Model Respect & Positivity: Treat coaches, officials, and other families with patience and grace. Your example sets the tone.
- Support Constructive Communication: Help your swimmer advocate respectfully. When concerns arise, approach coaches with understanding and a solutions-first mindset.

Support the Training & Competitive Journey

- Ensure Consistent Attendance: Help your swimmer commit to regular practice so they grow as individuals and teammates.
- Be Meet-Ready: Help with logistics, cheer on all swimmers, and support team spirit by volunteering when possible.
- Focus on Effort, Not Just Outcomes: Embrace learning moments and celebrate progress, sportsmanship, and resilience over placement.
- Trust Coaching Decisions: Allow your child to learn through challenges, including relay and meet selections. Coaches are always working in your swimmer's best interest.

- Promote a Safe Sport Culture: Stay familiar with USA Swimming's Safe Sport policies and complete any team-required parent training.