***District Regional Programme (DRP) – Parents Information***

**Introduction**

The District Regional Programme (DRP) was initiated in 2005 and has, over subsequent years, evolved into the current programme delivered across Scotland. The DRP is considered the first step of the Scottish Swimming National Programme, and is implemented primarily through the SASA Districts – East, North, West and Midlands - to circa 250 swimmers in total.

The main aims of the DRP are to provide;

* A consistent delivery of a national programme through the Districts
* An opportunity for coaches across a wide range of clubs to engage in learning from mentor coaches around the core areas of swimmer development
* Practical education and learning that equips the coaches with strategies and techniques to take back to their home programme
* An opportunity for swimmers to understand and learn how to move their swimming forward
* Raised awareness for swimmers, coaches and parents of the vital components of ownership, performance behaviours and “mindset”

**Mindset**

A key part of the DRP programme is to help swimmers become aware and understand the “mindset” they will need if they are committed to fulfil their potential.

**What is Mindset?**

Mindset is a belief about a swimmer’s ability and where it comes from. Based on the work of American Psychologist Carol Dweck, there are 2 types of “mindset” and they have different effects on how people learn;

1. With a **GROWTH “**mindset” swimmers understand their abilities can be developed through learning and hard work.
2. With a **FIXED “**mindset” swimmers feel their abilities are natural and you either have them or you don’t.

Associated with each “mindset” are the behaviours that either drive success or hold swimmers back. Throughout the DRP sessions, the coaching staff will be evaluating swimmers who;

·         Embrace challenges

·         Learn to overcome setbacks

·         Actively seek feedback and use it to improve

·         Take responsibility for their development

At each DRP day the coaches will be assessing swimmers on these behaviours. Selection for the third DRP day and Stroke Camps will, therefore, be based on the behaviours they observe and NOT who is the fastest swimmer!! Although not an infallible system, there are plenty of opportunities planned into the sessions to observe swimmers behaviours and it will be made clear to swimmers, at the start of the 1st day, how they can gain ‘selection’ for the third DRP day and Stroke Camps . From experience it is clear that a swimmer’s “mindset” is crucial to them achieving long-term success in the pool and we want to make sure this is clear as they enter the performance pathway.

To help parents better understand their role in helping to develop the “mindset” of their son or daughter, a workshop will be run for parents at the 3rd DRP Day on 4th December, time to be confirmed nearer the date.

It is hoped that you will be able to attend – in the meantime should you have any queries around venue/time etc, please do not hesitate to contact either of us.

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