

**Subject:** [PVS Parents] PVS Parents Newsletter

**From:** Jack Neill <jjneill@gmail.com>

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**To:** pvs-parents@googlegroups.com

**Links to some intriguing articles for swim parents during this Memorial Day weekend:**

What does it take to be a champion? Here's a fascinating study of champions of from numerous sports. The research shows that the keys to greatness are fairly consistent.

<http://www.yourswimlog.com/mindset-super-champions/>

The Best Advice I've Ever Heard a Swim Parent Give Their Kid

<https://swimswam.com/best-advice-ive-ever-heard-swim-parent-give-kid/>

Sports and Energy Drinks: Should Your Child Drink Them?

<https://kidshealth.org/en/parents/power-drinks.html>

21 Things I Love About Swimming

<https://www.swimmingworldmagazine.com/news/21-things-i-love-about-swimming/>

The Dreaded Plateau: Causes and Cures

<https://www.swimmingworldmagazine.com/news/the-dreaded-plateau-causes-and-cures/>

10 Mistakes Swim Parents Should Avoid

<http://www.swimteam101.com/10-mistakes-swim-parents-make/>

Comments and suggestions should be sent to [Jack Neill](#)

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