

SWIMMING

SWIMMING POOL SAFETY

1. Doors are to always remain locked after each class; please check as some doors do not lock easily.
2. Keep the door to the pool phone open during class time for emergency purposes.
3. The pool deck and balcony should be clear of all equipment, chairs, towels, debris, etc.
4. Showers are required by all students before entering the pool.
5. Bathing caps are not required, but long hair should be put in a ponytail during class.
6. Articles of food, glass containers, band aids, gum, etc. are not permitted in the pool area.
7. Street shoes are not to be worn on the deck; aqua socks are permitted along with other types of water "shoes".
8. Students are only to wear their bathing suits; t-shirts or any other piece of cover-up clothing should NOT be worn over a suit (in the water).
9. Students in street clothes must enter through hallway entrances, and must remain in the bleacher area unless otherwise instructed.
10. Non-Swimmers must stay away from deep end of pool.
11. No horseplay in the pool or locker room area.
12. No running on the deck, shower, or locker room area.
13. Only one person on the diving board at a time.

CARE OF EQUIPMENT

1. Equipment should be **NEATLY** stored in the equipment room

ON SHELVES.

- A. Kick boards are to be stacked..
 - B. Swim fins are to be stored in the appropriate bin by size.
 - C. Pull buoys are to be stored in the large plastic can.
 - D. Masks and fins should be used under close supervision and returned to the buckets in which they are stored.
 - E. Water polo hats should be hung on the hanger located in the equipment room.
2. All rescue equipment should be left alone and stored or hung properly to be ready for use in case of an emergency.

TECHNIQUES

SWIMMING STROKES

Each of the swimming strokes are analyzed in the video, "American Red Cross Swimming & Diving". The video analyzes each stroke in the following phases:

- Body Position/Motion
- Arm Stroke
- Kick
- Breathing & Timing
- Hydrodynamic Principles

The strokes covered in the video are the following:

- Front Crawl
- Back Crawl
- Sidestroke
- Breaststroke
- Elementary Backstroke
- Butterfly
- Front Dive
- Turns

SWIMMING TERMINOLOGY

BACK GLIDE: A technique for moving through the water in a supine position.

BOBBING: The skill of submerging and returning to the surface. Used to develop proper breathing techniques.

BUOYANCY: The upward force a fluid exerts on bodies in it.

DRAG: The resistance of water on a body moving through it.
DROWNING: Death by suffocation when submerged in water.
FINNING: An arm motion in which one keeps their arms and hands in the water and moves the hands towards the body then away.
FLIP TURN: A fast and efficient turn done in a tuck position.
FREESTYLE: A competitive event in which any stroke is allowed. The term is frequently used for the front crawl, since that is the stroke most often used in this event.
GLIDE: The stage of a stroke after the power phase when the body keeps moving without any swimmer effort.
LEVELING OFF: Assuming a prone position.
POWER PHASE: The stage when the arm or leg stroke is moving the body in the desired direction.
PRONE: On the front, face down.
PRONE FLOAT: A stationary and face-down position in the water.
PRONE GLIDE: A technique for moving through the water in a prone position.
RECOVERY: The stage of the stroke when the arms and/or legs relax and return to the starting position.
RESTING STROKE: A stroke that may be used when the swimmer is tired or swimming long distances; a noncompetitive stroke. The resting stroke utilizes the glide to increase its efficiency.
RHYTHMIC BREATHING: A technique of inhaling air through the mouth and exhaling through the mouth and nose while turning the head to the side.
ROTARY KICK: A kicking technique used for treading water, sometimes called the egg-beater kick.

SCULLING: A technique for moving through the water or staying horizontal using only the arms and hands.

STREAMLINED POSITION: A body position with hands interlocked, arms straight stretched overhead, head centered between arms, legs together, body straight, and toes pointed.

SUPINE: On the back, face up.

SUPINE FLOAT: A stationary and face-up position in the water.

SWIMMING EFFICIENCY: The ability to swim with a minimum amount of effort.

TREADING WATER: A skill using arm and leg movements to stay stationary and vertical with the head out of the water.

UNDERWATER SWIMMING: The technique of swimming under the water surface by submerging the body and adapting a stroke, usually the breaststroke. Helps to develop breath control.

EVALUATION & GRADING

SWIM SKILL TEST

Once each student has been assigned a level, assign points to the skills in the levels to total 10 points (Each skill is worth 1/2 point). Once a student has passed out of a level, the skills in the new level can be extra credit points.

NOTE: It is important that each student is pretested thoroughly and placed in the appropriate level according to his/her ability to begin the unit. Once a student is pretested and placed in a level, have your group leaders evaluate each student to insure that each student is in the appropriate level, and move if necessary.

