

September 2014

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### IMPORTANCE OF CORRECT TECHNIQUE

Recently one of our young teachers attended a coaching course in Adelaide and again the message from the top Olympic coaches is: **TECHNIQUE, TECHNIQUE AND MORE TECHNIQUE!**

#### BENEFITS OF CORRECT TECHNIQUE

There are many benefits of swimmers having correct technique. The top reasons are:

- More efficient therefore easier and you save energy
- Use water efficiently for maximum propulsion and less resistance - if your head is 1cm too high, the resistance is 4 times greater.
- Beneficial in survival swimming as it saves energy and uses the water efficiently for maximum propulsion and least effort, therefore better chances in emergency situation.
- Increased confidence.

#### WHAT DOES THIS MEAN?

- The most important component in strokes is a flat, streamlined body and eyes looking straight down (or straight up).
- Head position!!! We need the head in the correct position so that the hips and legs rise to the surface, therefore reducing resistance and drag.

### Diary Dates 2014

**Lessons in Term 4  
commence on:  
Monday  
13<sup>th</sup> October 2014**

**Term 4    9 Weeks**  
Mon 13<sup>th</sup> Oct - Sat 13<sup>th</sup> Dec

**Term 1 2015**  
**Mon 2<sup>nd</sup> Feb - Sat 11<sup>th</sup> April**  
(Adelaide Cup Mon 9<sup>th</sup> March &  
Easter Fri 3<sup>rd</sup> – Mon 6<sup>th</sup> April):  
Monday - 8 weeks  
Fri & Sat - 9 weeks  
Tues, Wed & Thurs - 10 weeks

**Term 2 2015**  
**Mon 27<sup>th</sup> April - Sat 4<sup>th</sup> July**  
(Queen's Birthday 8<sup>th</sup> June)  
Monday - 9 weeks  
Tues to Sat - 10 weeks

**If you are concerned  
about any aspect of your  
child's swimming, please  
talk to your teacher.**

### HOLIDAY LESSONS

Holiday Lessons are available for the October holidays. Please see Tabitha or Robyn to express interest.

### Term 4 2014

#### Swimming Lessons 10 week term fee

\$185.00 for 1st child  
\$176.00 for 2nd child  
\$166.50 for 3rd+ child

#### 9 week term fee

\$166.50 for 1st child  
\$158.00 for 2nd child  
\$150.00 for 3rd+ child

#### Private Lessons

\$27.00 for ½ hr

#### Aquarobics

\$12.50 per 1 hour session

#### Lap & Rehab Swimming

\$6.50 standard rate

\$5.50 concession rate

Pool hire - for ½ hour

\$18.00 up to 9 swimmers

\$30.00 for 9+ swimmers

### **WEEK 8 SWIM SAFER WEEK**



**Remember to bring clothes to  
swim in for SwimSAFER week!  
Mon Sept. 8<sup>th</sup> – Sat Sept. 13<sup>th</sup>**

## IMPORTANCE OF CORRECT TECHNIQUE CONTINUED:

### HOW WE DO IT

- You may have noticed that we constantly check head and body position every lesson and at every level. This means arms are behind the ears to keep the head down with just the back of the head out of the water.
- “Catch” the water – we teach underwater arm action to perfect the technique before bringing arms out as this can make swimmers lose their balance.
- NO EQUIPMENT OR GOGGLES! - We aim for children to have independence and think for themselves in an emergency. They need to trust the water and trust that they can swim without aids or goggles.

### TERM 4 2014

We are now starting to plan **Term 4**. Could you all please either confirm that you are happy to stay in your current class or let us know your requirements ASAP. Thankyou.

### PHOTOGRAPHY POLICY

Please see the photography policy on display above the fridge.

To summarise:

- You may take still photos of your child only.
- If you accidentally get others please delete or ask permission of the family.
- DO NOT upload photos of other children onto facebook.
- Please consider others privacy.

## AQUAROBICS TEACHERS WANTED

Sue Pryor Swimming is looking for enthusiastic Aquarobics teachers – training available.

## HEALTH MYTHS DEBUNKED

### YOU'LL CATCH A COLD IN THE COLD: FALSE

The common cold is a virus and whether or not you're wearing a jacket won't make a difference. More people do catch colds in winter but that may be because the weather keeps people indoors – where germs are more easily spread. “Many people associate the two because if the body is subjected to cold temperatures for a prolonged period, the core temperature drops, suppressing the immune system,” John Ryan, fitness supervisor at Living Well Premier Health Club, Hilton Sydney explains. “The best way to avoid and fight off colds is eating well and minimising stress.”

If your child has any suspected or known learning difficulties please check that our records are up to date so we can provide the most appropriate teaching methods. All information is confidential.



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