



Sue Pryor Swimming

Autumn Newsletter

March 2011

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PLATEAUS ARE COOL

A *Plateau* is defined as: a period or state of little or no apparent progress in an individual's learning as children progress through our swim lessons there are times of no apparent improvement in their skills.

The plateaus are really times when their bodies or minds are asking for a little rest and time to consolidate their skills. It is the time to continue to work to perfect the skill or gain new strength and confidence without the pressure to perform.

Your child needs to keep working through this tough period and as time goes on they will develop. We need to work with them mentally so that they can relax, endure and even enjoy this time when they are not expected to perform at their highest level.

Research indicates that many children quit sport not because they don't excel at them but rather because the expectations of others (parents, coaches and even team mates) have taken the fun out of the sport. If your child is on a plateau, be patient.

If the program is a good one, trust the teacher. Encourage your child but do not belabour or over-review a bad performance.

The teacher's job is to teach skills, encourage and challenge. Your job is to encourage your child to be ready to progress again after their 'rest' and consolidation time.

THE PLATEAU

Yesterday I swam so good,
I've always done just what I should,
But now I ask you let me be,
To play MY way, to set me free.
I'm full right up to the very brim,
Of pull, kick, pull and swim, swim, swim.
Of lessons and drills I've had enough,
Right now it all seems too tough.
So please just let me be myself and
Leave the new skills on the shelf.
I want to play my way for a while, and
When I'm ready you'll see me smile.
Please Mum don't make me be on show,
For now I'm on a learning plateau.
I don't know how long it might last, but
I'll swim again when it has passed.

*Published with thanks
Brana Williams*



KIDS NEED WINTER LESSONS

Some parents become too complacent when it comes to swimming lessons in winter but for skill development and confidence should still send their children despite the chilly weather.

The perception is that swimming is a summer activity and that lessons could be put on hold, this is incorrect and dangerous.

Like anything, *without regular practice, skills drop away, and so therefore does confidence.*

Remember to bring warm clothing for your child to change into after lessons and dry them asap after exiting the pool.

The change rooms and reception area are heated and there are plenty of change mats for babies.



Diary Dates: 2011

TERM 1: Mon 31/1 - Sat 16/4

TERM 2: Mon 2/5 - Sat 9/7

Monday Only 9 weeks
other days 10 weeks

TERM 3: Mon 25/7 - Sat 1/10

10 week term

TERM 4: Mon 17/10 - Sat 17/12

9 week term

Term 2 2011

Swimming Lessons

10 week term fee

\$165.00 for 1st child

\$157.00 for 2nd child

\$149.00 for 3rd+ child

9 week term fee

\$148.50 for 1st child

\$141.00 for 2nd child

\$134.00 for 3rd+ child

Aquarobics

\$11 per 1 hour session

Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

Pool hire - for 1/2 hour

\$16.50 up to 9 swimmers

\$27.50 for 9+ swimmers

TERM 2

Sue is starting to plan **Term 2** and would like to know **ASAP** (by mid March) what your needs are for next term?

Please let the office staff know if you -

- 1) wish to stay the same for Term 2
- 2) wish to change times for Term 2

SWIMMING TO A SAFE PLACE

Sue has been invited to present this topic both in Vietnam at the World Drowning Prevention Conference and also at the National ASCTA Conference in Queensland.

After 20 years of observation, Swim Australia conferences and listening to parents, Sue Pryor Swimming has evolved a strategy of

'SWIM TO A SAFE PLACE'

to be taught at all levels throughout the year.

We live in a farming area near beaches and rivers, and the main reason many of our parents start their children in swimming lessons is to make them **SAFER** on the farm, near dams and rivers, and at the beach.

From this evolved a greater emphasis on **SAFER SWIMMING** where we teach safer practices not only to the child when near and in the water but also to the parents - after all they are with the children most of the time and preferably all the time when they are near water.

Our first levels are all based on the development of

COMFORT TRUST FEELING BUOYANCY DEVELOPING INDEPENDENCE SAFETY AWARENESS

These skills are then continued and developed through all our other levels and culminate in

'SWIM SAFER WEEK'

activities where their skills of swimming to a safe place are tested under simulated conditions (dams, rivers, beach, lakes, boats).

All our swimmers are taught to swim in deep water as we feel that this is a vital part of being a safer swimmer. Games are developed which teach them to think about where to swim in case of an accidental fall in. **'Where is your nearest safe place?'** is the question heard in most lessons. The children are encouraged to think for themselves in various

MYTH BUSTERS!!

Myth -

Learning to swim is a sport

Fact -

Learning to swim is an educational process. Once you have learnt to swim you can then use the skill to enjoy the sport of swimming!!

Learning to swim is first and foremost about becoming safer in the water and should not be replaced by activities such as soccer, cricket, netball etc. These activities should be considered a sporting addition, not a replacement for swim lessons.

Myth -

We've been learning to swim for years!

Fact -

If attending just one lesson per week, year round the average child accumulates 20 hours of tuition per year - that's less than one day!!!

If you choose to attend one lesson per week during summer only, accumulated learning hours can be as little as just 10 hours per year, less than half a day annually.

SECRETS IN LEARNING TO SWIM

All children should be taught to roll over and float on their backs.

To save his/her life a child needs to be on top of the water with the mouth and nose cleared to breathe.

It will take 2-3 years of swim lessons for the average 3 year old to be safer in and around the water.

The goal should be 1 km of non-stop effortless swimming. Only a parent's commitment can teach a child to swim and be safer around water.

Older children must be water safe. Drowning is the 2nd leading cause of death nationwide for teenage boys, after car accidents.

Learning to swim 1 km effortlessly is a strong marker of a swimmer's safety in and around the water, as well as, the ability to recognise and therefore avoid dangerous areas.

COURSES COMING UP

SAT CS

Competitive Strokes - Basic Coaching
April 3 at Sue's Pool

SAT

General Teacher Accreditation
April 10 at Sue's Pool

ARRIVE EARLY



If possible try to arrive early for classes - it allows you and particularly your child to be relaxed rather than flustered and rushed, It also allows the teacher to start all the children at the same time and for everyone to be involved in the appropriate warm-up activities.

Please put bags on the floor **UNDER** the seats rather than **ON** the seats and leave pushers outside if they are not needed in the pool area as seating and space is limited.

BATHER SPECIALS

Sue is going to the ASCTA Conference again in May and is hoping to buy some more bathers cheaply.

To make selection easier we are asking you to give Sue a rough idea of sizes, colours and styles if you are interested.

There is no guarantee they will be available but Sue will try.