



Sue Pryor Swimming

Winter Newsletter #2

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New email address!

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Teacher news

TRAINEE TEACHERS:

A big welcome to all of our new trainee teachers—Amy Chandler, Colleen Hancock, Tabitha Lewis, Ruth Merrett and Karen Thompson. You will have seen them around for a while, assisting Sue and the other teachers with classes. Having gained some experience with the SPS methods, they will now be taking some classes on their own (though still with supervision). Please say hello to these new members of the team, and make them feel welcome.

Every one of us started as a trainee. It is a big commitment of time and resources to achieve qualification as an Austswim teacher, but even more is expected of teachers here at Sue Pryor Swimming. The SPS method is being continually refined, and a lot of time is spent in training staff in these techniques. The new teachers are looking forward to the challenge, to working with students and meeting their families.

TERM 4 TEACHING CHANGES:

Due to some personal commitments, Annette will not be taking her classes on Wednesdays, and will discontinue with her Saturday groups from term 4. We wish her the very best, and hope to see her back with us in the future.

Linsey is still waiting (im)patiently for the arrival of her baby. We'll keep you posted!

Trudy starts her coaching season with the Strathalbyn Lightning Swim Club in Term 4, so will not be taking as many teaching hours with us. We wish them a great season!!

AUSTSWIM COURSE

An Austswim course for Teachers of Swimming and Water Safety will be run at Sue Pryor Swimming on September 1,2,9
Contact the office for details.

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8 Top Tips for parents on learn to swim:

(Excerpts from 'Swim Tips', Mar/Apr 2007 Issue 18):

"Research has shown that it can take as long as 100 hours of good quality water time till a person can be completely independent in the water"

1. Time in the water:

Like learning to walk or crawl, learning to swim is a loco-motor skill that takes lots of time and practice to achieve. The more time children spend in the water, the quicker they will learn to swim.

2. Not negotiable!

Children don't have the maturity to understand that they are at risk around water. Parents need to have the courage of their conviction that learning to swim is an important priority.

3. Reinforce the skills:

Practice can seem monotonous. Feel confident that children are only being asked to persevere for a small amount of time. Learning to stick with something, rather than giving up too easily is an important life skill.

4. How much skill is enough?

Swimming ability can deteriorate rapidly under stress, so the more skilled the child the greater the chances of survival.

5. Comfort and security:

It's hard for kids to learn if they feel anxious, frightened or uncomfortable. Do all you can to ensure they feel comfortable enough for easy learning to take place.

6. Be supportive:

Learning to swim is not easy for most people. Children will be more likely to persevere if you encourage and support their efforts.

7. Play is important:

Don't underestimate the value of play in developing confidence and a feel for the water.

8. Be patient!

If children only swim once each week, (about 20 hours over a year) it's going to feel like a very long time before they can swim. Parents need to relax, enjoy the experience and know they are doing something very, very good (and healthy) for their child!

Diary Dates:

TERM 3:

Jul 23—Sep 29

TERM 4:

Oct 15—Dec 15

Note changes from previously advised dates!!!!

Let's get physical:

There is understandable concern about the current, alarming level of childhood obesity. It's great that governments are going to educate pre-schoolers about nutrition—except that they don't do the family shopping. It's also great that a parliamentary committee thinks that PE should be compulsory in years 11 & 12—except that lifelong habits in sport and exercise are formed in much earlier years. Junk food is being blamed as the main cause of the obesity problem, although studies indicate that the nation's caloric intake hasn't changed much over recent decades. What HAS changed is the exercise to burn off the intake! Huge chunks of play time that used to be spent running around outside is now spent glued to the TV, computer or Play Station. Physical Education is supposed to

be one of the 'Mandatory Learning areas' in schools from Reception to Yr10, but in reality the inclusion of regular PE depends on the prioritization of the schools principal, staff PE teaching skills and resources, and the curriculum focus

Physical education (including swimming lessons) teaches children coping as well as competitive skills; drawing them out of their comfort zone, and challenging them on both physical and mental levels.

As parents we need to take every opportunity to encourage children to participate in some form(s) of exercise. Their early years are important for establishing healthy physical habits and, as they enter adolescence, regular physical activity will greatly benefit developing bodies and improve confidence. "PE (and swimming) should be taught as it is meant to be; not just as fitness, but as a basis for skill development, teamwork, and to foster an active lifelong love of exercise (not necessarily competitive sport)"

PRODUCTS:

Goggles : Junior	\$7-17
" : Senior	\$25
Silicone ear-plugs (4)	\$7
Chamois towels	\$20
SPS swim caps	\$15
SPS towelling ponchos	\$10
Swim nappy (washable)	\$20
Disposable swim nappies	\$2
Polyotter swim shorts	\$10
Tog Wash (swimwear)	\$12
Tog Rinse (hair wash)	\$12
Tog Wash (body wash)	\$12
Tog soap (face & body)	\$8
Seal dive sticks	\$25
Seal Search'n'Rescue	\$20
Clam Hunt	\$20
Kickboards	\$15

SPS website:

We are very pleased to announce that a website for Sue Pryor Swimming is about to go on-line. The site includes information about Sue Pryor, the history of the swim school, the staff and teaching philosophies, lesson times and fees, training courses, services and the newsletter (with an archive of previous issues). It will be further developed over the next few weeks, to include more content and information, and will be regularly updated—so please check it out!

www.spswim.com.au

Part of the website structure is a database management system, which will enable us to send newsletters, invoices, booking confirmations etc to all our clients with email facilities. This will allow a huge reduction of administration time and save on reams of paper! Please note that for those who do not have internet access we will still have hard copies available.

We are updating our database to ensure we have all available email addresses—please check with the office that we have your current information.

FEES: Term 4, 2007

(9 week term):

- \$129 full term
- \$135 (if paid after wk2)
- \$135 monthly/weekly
- \$123 for 3rd+ child

Those paying weekly MUST pay double in the first week, please.

Do remember that when you book for lessons, we reserve a place for your child for the whole term—fees are TERM payments, NOT casual lesson fees!

Term or monthly payment is preferred.

Bits'n'pieces:

CHANGES TO TERM 4 DATES:

Please note that we have changed the dates for term 4 that were previously advised. We tried to set dates that would give maximum swimming time for all days, as well as avoid clashing with the Strathalbyn Street Party. However, this would mean a start at the end of the October school holidays! So....we've now changed the dates to begin at the start of school term 4, and end on the first day (Saturday) of the Summer holidays. We hope that these changes do not cause any inconvenience.

If you plan on attending the Street Party, and will not be present at your lesson on the last Friday of term, PLEASE advise us in advance so that we can re-arrange the lessons accordingly.

SAFETY FOCUS:

We have just completed our "Boating Safety" week. Many of the students really enjoyed the sessions, but some found it quite challenging. Exposing the kids to new situations, and discussing the safety issues is an important part of the SPS teaching system. It can also help in a real life emergency!

RECYCLING:

Just a reminder about the waste disposal system around her. There are various bins provided for different purposes:

- 1. Wheelie bin with yellow lid:** For all recyclable articles eg used coffee cups, cardboard, glass, etc (please read the label on top of the bin, if in doubt).
- 2. White compost bin:** Food scraps, paper, etc for the worms!
- 3. Green garbage bin:** Deposit (5c) drink containers .
- 4. Wheelie bin with blue lid:** Everything else (particularly nappies)!