



Sue Pryor Swimming

Winter Newsletter

June 2009

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Sue meets Jessica Schipper



Sue Pryor attended the ASCTA National conference for all swimming coaches (from Olympic down to Club level), and teachers last week in Queensland. She met Laurie Lawrence again, as well as Jessica Schipper (200m butterfly world champion).

She also watched Meagan Nay at a coaching session in the pool at Runaway Bay. This session was conducted by two Olympic coaches - Stephan Widmer (current coach of Jessica Schipper and former coach of Leisel Jones and Libby Trickett) and Michael Bohl (coach of Stephanie Rice). Therefore she was able to see top level and current coaching techniques and drills. Many of these will be included in Sue's lessons in the future.

New progressions that have been implemented were also confirmed as being in line with the latest in educational thinking as well as the latest trends in swimming teaching methods.

The coaches strongly recommended lots of kicking and work on the 5th stroke. Come and find out what the 5th stroke is. This complements the 4 competitive strokes and survival strokes which are currently being taught.

The new programme is based solidly on being comfortable in the water at all depths and starts with babies from 3-4 months of age. It is all about personal safety and survival skills at all levels, even the advanced stroke classes.

Winter Swimming

As a thank you for continuing to swim during winter we are offering a 2nd lesson for the week at half price.

This has a great skill development and confidence if you can fit it in. It has the benefits of year round swimming not just summer time.

Diary Dates:

2009

TERM 2:

Mon 27/4 - Sat 4/7

TERM 3:

Mon 20/7 - Sat 26/9

TERM 4:

Mon 12/10 - Sat 12/12

Term 3 2009

Swimming Lessons

10 week term fee

\$165 for 1st child

\$157 for 2nd child

\$150 for 3rd+ child

Aquarobics

\$11 per session

Lap Swimming

\$5.50 standard rate

\$4.40 concession rate

Pool hire - for 1/2 hour

\$16.50 up to 7 swimmers

\$25.00 for 7+ swimmers

TERM 3

Please let us know your intentions for Term 3 **NOW** so that we can plan to put your child in the class best for them.

See list of classes on top of the drawers and add E, C, ✓ (see yellow sheet) next to your child's

Safety Week

15th - 20th June

CLOTHES SWIM

Please bring

LONG SLEEVED TOP

for all ages and LONG PANTS for those swimming with above arm recovery in freestyle and backstroke

Free Range Eggs

now available for purchase at \$3.50/dozen.

Sliding Doors to Change Room area

Please keep these doors closed to stop condensation building up in this area and to keep the flies out.

Medical Conditions

Parents need to inform teachers of any change in medical condition of their child (ie. grommets in the ear). Either speak to your child's teacher or office staff who will notify their teacher.

SPECIAL MATTERS

(from "Swimming Matters")

A Letter from a child

1. Don't spoil me. I know quite well I ought not to have all I ask for.
2. Don't be afraid to be firm with me. I prefer it; it makes me more secure.
3. Don't let me form bad habits. I have to rely on you to detect them in the early stages.
4. Don't protect me from consequences. I need to learn the painful way sometimes.
5. Don't make me feel my mistakes are sins. It upsets my sense of values.
6. Don't take too much notice of my ailments. Sometimes they get me the attention I need.

7. Don't nag. If you do, I shall have to protect myself by being deaf.
8. Don't make rash promises. Remember that I feel badly let down when promises are broken.
9. Don't tax my honesty too much. I'm easily frightened into telling lies.
10. Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.
11. Don't forget I love experimenting. I couldn't get on without it.
12. Don't forget that I can't thrive without lots of understanding and love, but I don't need to tell you do I?

(anonymous)

Top Tips for parents on learn to swim

(from "Swim Tips") check next issue

This article may be of interest to some parents.

ADHD Family Summit

Alex Doman will be speaking along with 11 other professionals who will be taking part in Dr. Rory Stern's online ADHD Family Summit.

Monday, June 1st – Alex Doman

The Ear-Brain Connection - The Role Of Auditory Processing In Attention

Alex Doman is the third generation in a family that pioneered the field of brain development. Having personally overcome his own struggle to succeed in school, Alex fully understands individual potential and now helps others realize that potential through the neuro-technology company he founded which develops methods to improve brain performance.

For more information check out website: advancedbrain.com

Feedback Form

Teachers would like your feedback on lessons. Please fill out form on cane drawer or ask at the office for one.

Feedback of any kind would be appreciated to make lessons constructive to help with your child/ren.

Notice Boards

We have three information boards with lots of swimming information in various places at the centre.

We also email the information notice-board weekly to those who have supplied us with their email address. This is working very well to keep you all informed.

Swimming Matters

We have many copies of this publication, so please take one home to read.

It contains a lot of useful and interesting information for you so you can keep up to date.

SPECIALS

Funkita Brand

Girls and Boys bathers

Sizes 2, 3, 4 \$10.00

Sizes 5 and 6 \$20.00

Various Ladies sizes as marked.

Nova and Funkita booklet in the cane drawer for other orders.

Staff Farewell and Changes

Unfortunately Tracey will be leaving us at the end of term and we wish her well for the future.

Katie has kindly offered to take over teaching her lessons. I'm sure you will all find her very capable and confident in the way she teaches your children.

Emma is also moving on and Barbara will take over her Aqua class on Friday mornings.

Please speak to your teacher, or leave a note in the payment slot if you have any problems with lessons and we will get back to you as soon as possible. Robyn or Carolyn can help with Admin.

Sue in semi-retirement

After 18 years Sue has decided to semi-retire and spend time with David who has been waiting 5 years for this. She is backing off from direct involvement but she will still oversee and offer help and ideas.

You will still see her occasionally pop in to keep in touch but not the extended stay that used to happen.

There is now a great team of admin and teachers running the everyday operation of the centre. Please see them if possible or fill out a feedback sheet.

Thank you for using our credit card and online payments the system is working well.