

# Splash Fall 2009

Welcome to Splash! Splash is swim program designed to introduce young swimmers to competitive swimming. This Fall PSSC will offer two sessions. The class objectives are based on the USA Swimming Level 1 guidelines. Each 8 class session will included the introduction to all four strokes, Freestyle, Backstroke, Butterfly, and Breaststroke, Starts and Finishes, Diving and Breath control. A complete list of Splash objectives are listed on the back. Each workout will consist of deck time, including stretching and dryland training; and pool time with instructional drills and strokes, a main set and cool down.

Class is held on Tuesdays and Thursdays from 5:00 - 6:00 PM. Registration is the first day of each session from 4:00 - 5:00 PM. All Classes are at the SKHS Pool. The first session does not meet every Tuesday and Thursday due to a few high school swim meets. A Fall Splash scheduled is below. Parents are encouraged to stay and watch. There are bleachers on the eastside of the pool. Unless it is an emergency please refrain from disrupting the class. If you need to talk with Coach Dale please do so before or after class. She can also be reached by email, [daleswim7@yahoo.com](mailto:daleswim7@yahoo.com). Parents can help by keeping a positive fun atmosphere for their young swimmer.

<b>Sessions I</b>		<b>Session II</b>	
Tuesday	Thursday	Tuesday	Thursday
<b>Sept. 22</b>	<b>No Class *</b>	<b>Nov. 3</b>	<b>Nov. 5</b>
<b>Sept. 29</b>	<b>Oct. 1</b>	<b>Nov. 10</b>	<b>Nov. 12</b>
<b>Oct. 6</b>	<b>No Class*</b>	<b>Nov. 17</b>	<b>Nov. 19</b>
<b>Oct. 13</b>	<b>No Class*</b>	<b>Nov. 24</b>	<b>No Class*</b>
<b>No Class*</b>	<b>Oct. 22</b>	<b>Dec. 1</b>	
<b>Oct. 27</b>	<b>Oct. 29</b>	<b>Make - Up, if a class is canceled, will be held Dec. 3</b>	
<b>Make - UP, if a class is canceled, will be held Nov. 3, 4:00 - 5:00 PM</b> <b>*No Class due to SKH Swim Meet</b>		<b>*No Class, Happy Thanksgiving!</b>	

## Splash Class Objectives

<b>Pool Skills</b>	<b>Class Skills</b>
<p>Hold Streamline (SL) Breakout from SL Kick 25 yards front Kick 25 yards Back Sculling vertical Bilateral Breathing Dive Dive with SL Open Turn Count Strokes Legal Freestyle Legal Back stroke Familiar with the different layers, S, V, &amp; C Slip and Slid 30 Minute practice 5 minute swim Starts off the wall Finishes at the wall Begin Butterfly Begin Breaststroke Begin Flip Turn Kick on side Hip roll side to side Breath control Breath holding Relaxation Understands how to push off in 'v' or 'c' layer Crocodile Breathing</p>	<ol style="list-style-type: none"><li>1. Respect Teammates</li><li>2. Listens to Coach</li><li>3. Knows team rules</li><li>4. Starts on time</li><li>5. Follows Direction</li><li>6. Keep focus on task</li><li>7. Ability to concentrate</li><li>8. Know teammates and coaches by name.</li><li>9. Age appropriate and maturity level acceptable to AG 1.</li></ol> <div data-bbox="824 1012 1380 1192" style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"><p style="text-align: center;"><b>Competition</b> 25 Freestyle 25 Backstroke</p></div>