



## **Welcome to Splash!**

### **Summer 2009**

Splash is a summer swim program designed to introduce young swimmers to competitive swimming. The class objectives are based on the USA Swimming Level 1 guidelines. These guidelines include the introduction of all four strokes, Freestyle, Backstroke, Butterfly and Breaststroke, Starts and Finishes, Diving and Breath control. A complete list of the guidelines is listing on the reverse side. Each workout will include deck time and pool time. Deck time consists of stretching, motivational talks and dry land drills. Pool time will start out with a warm-up, then instructional drills and stroke work, a main set and a cool down. Of course all of this will be positively fun! Swim games are a great way to learn skills the fun way!

Dale Walker will be teaching both Splash sessions this summer. Coach Dale has 16 years of coaching experience and is a Level 2 USA Coach. She is a certified Red Cross instructor for Life guarding, First aide and CPR. She has coached Age group, High school and Master Swimmers. Dale feels that it is important to have open communication with the swimmers and their parents. Please feel free to talk with her before or after practice or contact her at home, 360-769-2693 or email [daleswim7@yahoo.com](mailto:daleswim7@yahoo.com).

Class is held Tuesday and Thursday from 5:00 to 6:00 PM, if needed another class will be added from 4:00 to 5:00. Please have the swimmer ready on the deck and ready to go by 5:00. Caps and goggles are recommended. It may be a good idea that the young swimmers use the restroom before class.

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 work out. Parents can help by keeping a positive fun atmosphere for their young swimmer.