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Name \_\_\_\_\_

# HEAT SWIMMING



## PRE-COMP WORKBOOK

## **ALWAYS SUPERVISE YOUR CHILDREN!!!**

### **Pre-Comp:**

Water safety is important to all parents. At pre-comp, we strive to get children comfortable near and in water. Although most of what we do during lessons seems to be mindless games, it is all designed to help the kids learn basic water safety skills.

We play various games, and each game is designed to teach a specific skill, and each skill is the incorporated into the next skill, etc. until a cohesive swim stroke is achieved. **It is important to note that a swimmer will progress at his/her own pace.** Although, as instructors, we will push the swimmer out of their comfort zone, we cannot force a swimmer to do *learn* how to swim. We can merely give them the tools by providing basic principles of safety and water-safety, and a safe environment for them to practice these skills in.

Below, I set out the games and each skill it isolates, together with a basic rating system, by means of which each child is assessed. The assessment is on a scale of 1 – 5.

### **Key:**

- 1 – Extremely uncomfortable;
- 2 – Uncomfortable, but willing with coaxing;
- 3 – Able to execute skill with assistance;
- 4 – Can execute skill comfortably, but need aid with technique;
- 5 – Extremely comfortable, and does not need aid with technique.

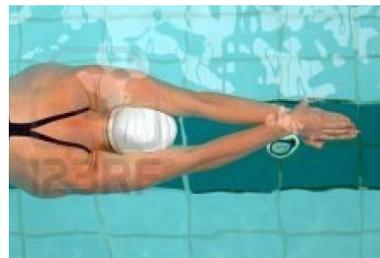
### **SKILL LEARNING GAMES:**

#### **Streamline hold:**

The goal with a streamline hold, is to aid the swimmer in his/her reach. Reach is important because it could aid in the additional millisecond it takes to reach the side, or a hand, etc. and is extremely important for a swimmer if and when they decide to take up swimming as a sport.

The goal and proper technique is set out below:

The swimmer reaches for the sky, with hands on top of each other. Fingers must be straight and the arms must be just behind the ears while reaching. Arms must be straight at all times with what is described as squeezing against the head.



Rating: \_\_\_\_\_

Comments:

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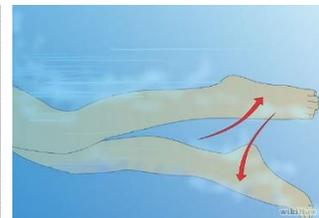
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### **Red light, Green light:**

This game is designed to aid in leg strength and endurance for kicking. It is played whilst sitting on the ledge of the pool, or whilst holding onto the ledge of the pool when in the pool.

Red light would indicate holding the legs straight, with pointed toes.

Green light would indicate holding the red light position while kicking with a straight leg and pointed toes. It is important to note that even though the swimmer is kicking, the goal is to have minimal movement at the knee with a floppy foot in the “pointed” position.



The goal is to combine this game with the streamline hold;

- a) While seated on the ledge;
- b) While in the water with the aid of a noodle; [and c) While in the water unaided.]

Rating: \_\_\_\_\_

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### **Talking to the Fish:**

This game is ideal for getting the swimmer comfortable with submerging his/her face into the water.

The goal is to blow bubbles by submerging only the mouth into the water, whilst holding onto the ledge. This is in order to make the swimmer comfortable with full body submerging.



Rating: \_\_\_\_\_

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**Happy Hippo Bubbles:**

This game is the next step, following *Talking to the Fish*. It is a natural progression which includes submerging the nose into the water whilst blowing bubbles with the nose, and finally submerging the entire face into the pool. In other words, it helps the swimmer become comfortable with the entire body and head going under water simultaneously. Initially the swimmer will be holding onto the ledge and move on to submerging without holding onto the ledge, then reaching with a streamline hold to touch the ledge.



Rating: \_\_\_\_

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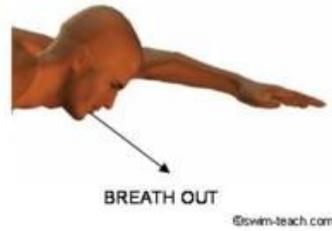
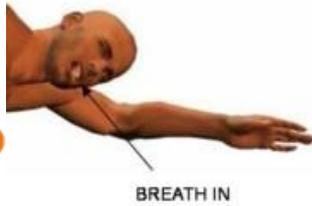
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**Finding Nemo:**

This is a fun game that incorporates *Talking to the Fish / Happy Hippo Bubbles* with the next step in water safety – Breathing!

This skill involves blowing bubbles while holding onto the ledge and then turning the head to either side, in order to breath. In other words, “we listen to what Nemo has to say”. The aim is to have half of the face in the water with the other half of the face out of the water for breathing purposes. Is the swimmer wears goggles, one goggle in, one goggle out, is the correct positioning. The swimmer must breathe through their mouth. It is fun for the swimmer, as they get to tell the instructor what Nemo had to say!



Rating: \_\_\_\_

Comments:

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Eventually, we will incorporate this game with the *Red light/Green light* game to ensure the swimmer can kick and breathe safely, when in the water.

### **Noodle Race:**

This is the first step in getting the swimmer swimming. It involves combining all of the above techniques into a cohesive movement.



The swimmer is required to keep their arms in a *Streamline hold*, whilst doing *Green light kicks*, doing *Happy Hippo Bubbles*, and incorporating *Listening to Nemo* in order to breathe. The noodle is initially placed under the arms in order to support the upper body. AS the swimmer grows stronger, and more comfortable in the water, the noodle is held in the hands, with straight arms, hands together, right in front of the swimmer.

Rating: \_\_\_\_

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**Ping Pong Ball Blows:**

In order to ensure that the swimmer has the correct streamline position with their arms, as well as the correct bubble blowing technique, we place the noodle under the arms (across the chest) and have the swimmer do a *Streamline hold*, whilst doing *Green light kicks* and blowing bubbles. The goal of the exercise is to have the swimmer swim at least 16ft whilst keeping the ping pong ball between their *streamlined* arms and close enough for their bubbles to act as the propelling power behind the ping pong ball.

(A variation of this game, as they advance, is for the swimmer to use their nose to nudge the ball at least 16ft whilst applying all the above-mentioned principles and then using the *Happy Hippo Bubble* technique instead of *Talking to the Fish*.)

Rating: \_\_\_\_

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**Kick Board Relay:**

AS a variation of the Noodle race, we advance onto the Kickboard relay. In order to achieve this task, core strength (Abdominal strength) becomes a vital key to mastering the technique. The goal is to have the swimmer clutch the kickboard bottom centre with both hands. Fingers on top of the board, and thumbs at the bottom of the board. Hands need to be kept together. *Streamline hold* is applied, the swimmer needs to submerge their entire face into the water, and do *Green light kicks*. However, instead of just *Listening to Nemo* when the swimmer needs to breathe, the swimmer will pull back the arm (the same arm as the direction the swimmer is breathing in), and place the arm that is not holding the board on the corresponding hip in a straight line with their body positioning. This is the start of a Freestyle Stroke.



The aim is to have the swimmer swim at least 12yds unaided whilst applying this technique.

Rating: \_\_\_\_

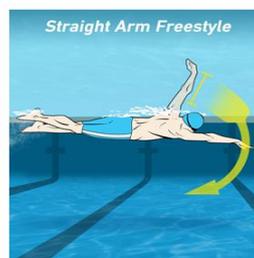
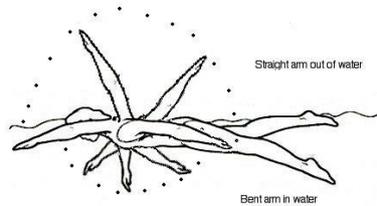
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**Windmill Arms:**

Once the basic concept of this drill is to complete the Freestyle Stroke. Once the swimmer understands the concept of *Kickboard Relays*, we add the arms. So, instead of just resting the arm past (on) the hip, the swimmer adds the “windmill” effect to complete the motion. In other words the crawl motion is incorporated into the above action. The emphasis is once again to try and keep the arm as straight as possible, bring the arm over in an arch from the hip to the *Streamline hold* position, and repeat with the other arm, whilst the face remains submerged in water.



Rating: \_\_\_\_

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**Catch Your Hand (Catch-up):**

In this game, we apply all the principles from *Windmill Arms*, and REMOVE the kickboard from the exercise. The swimmer basically touches their arm that has stayed straight with the arm that has just completed the “windmill” motion, and then repeats this action with the other arm, while keeping the initial arm out front.

Figure 5



Rating: \_\_\_\_

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### **Shark-fin Kicks:**

IN this game, we have the swimmer squeeze the kickboard between their knees, whilst keeping their arms in the *Streamline hold* position. The goal of this exercise is to ensure that the swimmer has the correct positioning of the legs, by ensuring that the knees do not bend excessively and the only the lower half of the leg moves with a floppy foot kick. It is a fun exercise for the swimmers, as they end up having “shark fins” where the kickboard sticks out of the water.



Rating: \_\_\_\_

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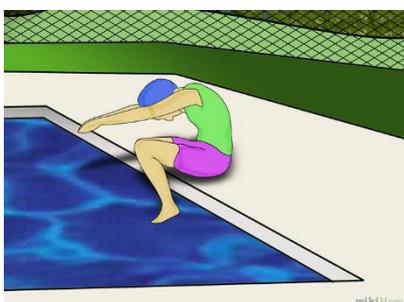
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### **Superman Glides:**

This is introducing the swimmer to the basic concepts of diving.

We start with the swimmer sitting on the ledge of the pool, legs in the water and arms in the *Streamline hold* position. The swimmer must then pull their knees up with their feet against the wall inside of the pool. The goal of this exercise is to have the swimmer place focus on the “pushing off” with emphasis on thigh and calf power. The swimmer tucks their chin to their chest and proceeds to enter the water [hands-head-body], as if diving from a seated position. The swimmers’ face must be submerged in the water, and the swimmer then must glide using leg power to cover about 7ft-10ft, into their instructors’ arms.

Once the swimmer is comfortable with the *Superman Glide*, we incorporate the *Windmill arms* once the swimmer has left the wall and has glided the appropriate distance. It is of utmost importance that the swimmers’ arms remain stretched out in the *Streamline hold* and knees remain together as with the *Shark fin kicks*.



Rating: \_\_\_\_\_

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**Jumping through hoops:**

This is fun for swimmers, as an alternative means of entering the water. (This method is used, excluding the hoop) when entering the water at swim meets, and is also known as a feet first entry.)

The swimmer will jump into the water to the centre of a hula-hoop, or into their instructors' arms, with pin straight legs, arms kept at the side. The goal is to have the swimmer NOT hold their nose when entering the water, and try to remain as straight as possible when entering the pool. The swimmer will then submerge entirely, and push-up off the bottom of the pool with strong, straight legs.



Rating: \_\_\_\_\_

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**Streamline Jumps:**

Once swimmers are comfortable with pushing off the bottom of the pool, they are instructed to stand in the shallow end, place their arms in the *Streamline hold*, and jump in place as high as they can. This exercise is used to strengthen leg muscles and endurance in arms.

Rating: \_\_\_\_\_

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### Sinkers and Rings:

This is a tool used to get swimmers who are not yet comfortable with placing their heads under water, to submerge gently.

Initially rings/sinkers are placed on the top step of the pool, and the swimmer is asked to retrieve a specific item. Once they are comfortable with looking down and retrieving the item requested, they are asked to blow bubbles whilst retrieving the item. Once the swimmer is comfortable with this exercise, we move down a step, when it is necessary to submerge up to the nose, in order to retrieve the requested item. As the swimmer gets more comfortable with this exercise, we move down a step, etc. until the swimmer is able to “swim/dive” to the bottom of the pool to retrieve the desired item.



Rating: \_\_\_\_

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### Floating on back:

This seems like the simplest of tasks, but it is the most daunting for many swimmers. IT requires complete relaxation, whilst still maintaining control of the body. The swimmer is required to float on their back without any assistance. Initially, the swimmer will rest in the instructors' arms. They will then move to resting only their head on the instructors' shoulder while keeping their body afloat. Finally, the instructor will step away from the swimmer and the swimmer will be required to float unaided. The swimmer's head must be placed back in the water, with at least a full hand's space between the chest and the chin. Once the swimmer is comfortable floating, the *Streamline hold* arms positioning will be assumed, as well as flutter kicks of the legs, and this will become the start of the swimmers' Backstroke.



## AT HOME EXERCISES (TO BE DONE WITH ADULT SUPERVISION):

There are many exercises you can do with your child/ren at home, in the bath, at bath-time.

- Have your child lie flat on their back in the bath, and submerge their ears into the water. Have their head on the bottom of the bath, with at least a flexed hand between their chest and chin.
- Have your child lie on their belly in the tub, and practice blowing bubbles –
  - *Talking to the Fish;*
  - *Happy Hippo Bubbles;*
  - And finally add in the side to side breathing, and *Listening to Nemo.*
- While your child is sitting in the bath, have them do flutter kicks, with straight legs and minimal splashing.

Although these seem like trivial exercises, they aid in your child becoming comfortable in the water, and being independent from their instructor (parent), whilst following specific direction.