

Getting a Good Start

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The 1st Week of LESSON PLANS for a SUMMER LEAGUE SWIM TEAM

DAY ONE

BOTH INTRO AND ADVANCED LEVELS

1. RULES SHEETS/WELCOME LETTER TO PARENTS WHEN THEY ARRIVE
2. PARENTS SIGN LIABILITY WAIVER RELEASE
3. CALL ROLL/ADD KIDS NOT ON LIST. GIVE REGISTRATION FORM, WAIVER RELEASE AND WELCOME LETTER TO THE PARENT, COLLECT FEE AND PAPERS AFTER THE SESSION.

WATER TIME

HAVE KICK BOARDS HANDY SO EACH CHILD HAS A FLOAT DEVICE NEAR THEM. BE RESCUE READY.

4. EVALUATE SWIMMER'S ABILITY.
USE SHALLOW WATER AND DETERMINE GROUP PLACEMENT. TRY TO BALANCE OUT THE ENROLLMENT SO THERE ARE UP TO 8 INTRODUCTORY LEVEL; 10 ADVANCED LEVEL.
 5. RHYTHMICAL BREATHING OFF BOTTOM FIRST. EVERYONE SUBMERGES SEVERAL TIMES.
 6. FRONT FLOAT TO DETERMINE BALANCE, EASE IN H₂O.
 7. BACK FLOAT TO DETERMINE CONFIDENCE LEVEL OF STUDENTS.
 8. SEPARATE GROUPS INTO INTRO/ADVANCE. CONSIDER AGE ^{w/} ABILITY.
- TEST SWIMMERS ABILITY TO MEET MINIMUM STANDARDS:
- *INTRO LEVEL* SWIMS MIN. 15 YDS. ^{w/} SIDE BREATHING, SWIM OR FLOAT ON BACK.
 - *ADV. LEVEL* CAN SWIM ONE LAP FREE, SIDE BREATHE, SWIM ONE LAP BACK STROKE, ANY OTHER STROKE THEY MAY KNOW.

DAY TWO ^{w/}FINS & BOARD

INTRO LEVEL PROGRESSIONS

10 BOBS-SHALLOW

SIDE BREATHING AND FORWARD BREATHING

HOLDING THE WALL, SIDE BREATHE WHILE FLOATING

HOLDING THE WALL, SIDE BREATHING, ONE ARM AT SIDE; ADD SLIGHT KICK;

ADD ARM STROKE TO SWITCH HANDS TO INTRODUCE OTHER SIDE BREATHING.

KICK ^W/BOARD, EVALUATE KICKING

KICK ^W/BOARD FACE IN WATER, FRONT BREATH, LOTS OF BUBBLES

KICK ^W/BOARD, FACE IN, ONE HAND HOLD BOARD, OTHER AT SIDE

KICK ^W/Ø BOARD, FACE IN, SIDE BREATH ARMS AT SIDE

KICK ^W/Ø BOARD, FACE IN, SIDE BREATH W/FINS, ARMS AT SIDE

KICK ^W/FINS, ONE ARM EXTENDED, SIDE BREATHE

KICK ^W/FINS, ONE ARM EXTENDED, SIDE BREATHE, THEN SWITCH ARMS.

CATCH-UP PULLING ^W/FINS, BREATHE EACH SIDE

TEST today or next time: SWIM TO OTHER END, SIDE BREATHE 25 yds -Present
Freestyle Ribbon

- Do a name game so they meet their teammates

ADVANCED LEVEL PROGRESSIONS

10 BOBS

DO 25'S OR 50'S DEPENDING ON ABILITY KICK WITH BOARD, EVALUATE KICKING

KICK ^W/BOARD FACE IN WATER, SIDE BREATHE, LOTS OF BUBBLES

KICK ^W/BOARD, FACE IN, ONE HAND HOLD BOARD, OTHER AT SIDE

KICK ^W/Ø BOARD, FACE IN, SIDE BREATH ARMS AT SIDE

KICK ^W/Ø BOARD, FACE IN, SIDE BREATH ^W/FINS, ARMS AT SIDE

KICK ^W/FINS, ONE ARM EXTENDED, SIDE BREATHE

KICK ^W/FINS, ONE ARM EXTENDED, SIDE BREATHE, THEN SWITCH. CATCH-UP PULLING
^W/FINS, BREATHE EACH SIDE

SWIM FOUR STROKES FREE, THREE STROKES BACKSTROKE X 25'S

TEST: SWIM 50yds, SIDE BREATH-present Freestyle awards
(EVERY 3 STROKES A PLUS BUT NOT REQUIRED)

- Do a name game so they meet their teammates

GIVE EVERYONE A TEAM TATOO

DAY THREE

INTRO LEVEL

10 BOBS OFF BOTTOM

FRONT GLIDE FROM PUSH OFF (ON STOMACH)

BACK GLIDE FROM PUSH OFF

- BALANCE, BREATH HOLD

NO KICKING:

SIDE GLIDE, PUSH, GLIDE BREATHE, CHANGE SIDE

SIDE GLIDE, BACK, CHANGE SIDES

KICKING ^W/BOARD:

SIDE GLIDE ½ RIGHT, ½ LEFT SIDE X 25 YDS

REPEAT; THEN SAME ON BACK-BALANCE BODY

KICKING ^W/FINS Ø BOARD:

REPEAT ABOVE

KICKING ^w/FINS 6-BEATS

SWIM ^w/FINS 6-BEATS

6-BEAT KICKS, BREATHE, 1 STROKE, ROLL, 6-BEATS fr
6-BEAT KICKS, BREATHE, 1 STROKE, ROLL, 6-BEATS-bk
repeat x 25's

SWIM ^w/FINS 3 STROKES fr ^w/BREATH, 3 STROKES bk
Works balance, breathing timing, body roll, alignment
SWIM ^{w/o} FINS SAME DRILLS

ADVANCED LEVEL

10 BOBS

KICK 4 X 25'S fr ^w/BRD

KICK 4 X 25'S bk ^w/ OR ^{w/o} BOARD

SWIM FOR TWO MINUTES fr OR bk ^{w/o} STOPPING

Suggested activities

KICK ARMS AT SIDE, SIDE BREATH, 3's 50 YDS.

4 STRKS ROLL / 4 STRKS LEFT fr

4 STRKS ROLL / 4 STRKS LEFT bk

KICK 25'S bk ARMS AT SIDE

KICK 25'S bk ARMS STRMLINE

TEST: SWIM 50 YDS, BREATHING 3'S ^{w/o} STOPPING, STEADY KICK (FLIP TURN
A PLUS)

DAY FOUR

INTRO LEVEL

10 BOBS OFF BOTTOM

KICK 4 X 25s fr

KICK 4X 25s bk (^w/ or ^{w/o} brd)

HOLD WALL AND KICK PRACTICE BREATHING

HOLD WALL AND KICK PRACTICE BREATH ^w/STROKE

SWIM 25 YARDS fr BREATHING BOTH SIDES. *RIBBONS FOR THOSE WHO CAN SWIM*
25yds ^{w/o} STOPPING, AT LEAST 4 BREATHS

TEST: SWIM 25 YARDS BACKSTROKE ^{w/o} STOPPING, STEADY KICK, BIG ARMS-
present bk ribbons (test 25 yds fr if absent last wk)

IF TIME ALLOWS, LET THEM RACE KICKING OR SWIMMING

ADVANCED LEVEL

SWIM FOR 5 MINS FOR WARM-UP

SWIM 6 X 25 fr @ 1:00

KICK 6 X 25 fr @ 1:00

TEST: SWIM 50 YARDS FREESTYLE (if absent)
ALTERNATE BREATHING 3'S

TEST: SWIM 50 YARDS BACKSTROKE
-present Backstroke Ribbon Awards

IF TIME ALLOWS, LET THEM RACE

DAY FIVE

INTRO LEVEL

2 min. K ^w/_u

2 min. S fr/bk 25s

K: ½ lap bk, then ½ lap fr
(^w/bd, then ^w/o) teach them to roll over

Introduce push-offs and gliding

Front & back

STREAMLINE POSITION

ADVANCED LEVEL

2 min. K ^w/_u

3 min. S fr/bk 25s

4 x 25 bk-K Ø bd @ 1:00

25s S: 4 strokes bk / 4 strokes fr alternating

INTRODUCE FLIP TURNS

1. Off the bottom
2. From a float
3. 6 strokes, Ø wall
4. with a wall

DAY SIX

INTRO LEVEL

3 minutes: 25S / 25K

Review Push-offs

CONTEST: Push-offs ^w/STREAMLINE FOR DISTANCE

INTRODUCE FLIP TURNS

1. Off the bottom
2. From a float
3. 6 strokes, Ø wall
4. with a wall

ADVANCED LEVEL

4 MIN. S^w/FLIP TURNS

4 X 25S FROM MID-POOL^w/FLIP TURNS @ 1:00

INTRODUCE BREASTSTROKE KICK

1. br K^w/board
2. br K on back^w/board
3. br K^{w/o} board