



## *2012 NZSCTA Conference Announcement*

The Board of NZSCTA is pleased to announce that the 2012 NZSCTA Conference will be held at the James Cook Hotel Grand Chancellor in Wellington from the 10th to the 13th May 2012.

The conference will follow a similar pattern to the past two years, except next year it will go from a Thursday to a Sunday rather than a Wednesday to a Saturday. This will mean most attendees will be able to save a night's accommodation.

The first day (Thursday) will be the increasingly popular Swim School Management Day. The presentations on this day are aimed principally for an audience of swim school owners and managers. The main conference will start on the Friday.

## *Fundview*

Fundview is New Zealand's primary source of information about funding for voluntary organisations and contains over 600 different funding schemes.

It includes funding from the government, local authorities, statutory and philanthropic trusts, gaming trusts and some service organisations.

Fundview is a searchable database that will give you the best matches of funding you are eligible for in terms of criteria along with closing dates, application requirements and contact details.

You can access Fundview free of charge from most public libraries.

# Coaches Corner...

**Teaching Strokes 101** By Jim Rieser, M.S., University of South Carolina, Dept. of Physical Education

## Butterfly

### Considerations:

- Not about power, but rhythm and timing.
- Allow plenty of practice time.
- Repetition is the heartbeat of every skill
- A level of conditioning will enhance ability to improve technique.
- Teach timing to achieve undulation through modeling and choral responses.
- Teach kick timing to enhance propulsion through modeling and choral responses.
- Feedback (FB) is essential, but too much FB has been shown to hinder performances. Don't forget, practice is the heartbeat of skill. When we get too full of ourselves and we start talking more than they're practicing – you know you're over teaching!

### Teaching Drills/Ideas:

- Single arm fly
- Emphasize timing for the rise of the hips
- Incorporate choral response during modeling: when hand enters, swimmers respond "UP!," "UP!"
- Single arm fly
- Emphasize timing of kick
- Incorporate choral responses during modeling: when hand enters, swimmers respond, "kick" and when hand passes waistline: "kick"
- Whole stroke
- Emphasize other components, i.e. recover pinkies on top, catch, thumbs to centerline on pull etc.

Alternate kick drills, stroke drills, and whole stroke variations.

## Backstroke

### Considerations:

- Teach swimmers early to kick and swim on their sides.
- Why?
  - a. Less drag
  - b. Hips elicit more powerful pulls
- High, still head position (not back!)

### Teaching Drills/Ideas

- Underwater applause.
- Penny on forehead to encourage "still head position" during drills.
- Side kick (bottom arm extended)
- Emphasize small, fast kicks while on hip.
- Kick waka waka Kick waka waka Pull, Roll (repeat original side)
- Teaches getting the hips involved in the pull.
- Emphasize bend at the elbow during pull - not an easy drill, but extremely valuable.
- Six Kicks on the side stroke - encourages the continuous fast, steady kick as one leaves the side to stroke.

### Three kicks on the Side and Stroke

- Same emphasis, but takes the swimmer a step closer to the whole stroke.

### Whole Stroke

- Give feedback congruent with the fundamentals you've been teaching.

## Breaststroke

### Considerations

- Anatomical phenomenon
- Dryland kick exercise – "flex like a frog", "point like a ballerina."
- Problem word "pull"

### Teaching Drills/Ideas

- Uses cues - try traffic light colours
- Base position - red
- OutswEEP/press - yellow
- Inward sweep and recovery - green

### 1. Breaststroke Arms with Freestyle Kick (Head up)

- Try fins and a noodle under the armpits.
- Have swimmers choral respond as they execute the arm action going down the pool.
- Emphasis - hands in front

### 2. Breaststroke Arms with Freestyle Kick (add breathing)

- Emphasis - breathe timing. Breathe during the cue "green." Looking at the bottom during red and yellow

(This is wave style breath timing. We teach it immediately).

### 3. Breaststroke Arms with Freestyle Kick

- Emphasis. Sea snake – pinky fingers must remain in the water, at least the thumbs break the surface tension.

### 4. Breaststroke Arms and Dolphin Kick.

- Emphasis - Kick timing hip action.
- One kick per stroke, occurs during "green" cue.

### 5. 2-1 Drill

- Emphasis - base position, kick and timing.
- Two kicks are taken during base position (red). At the conclusion of the second kick, execute outswEEP (yellow), insweep and recovery (green) as well as the kick.

### 6. Whole Stroke

- Emphasis - timing and/or areas of strokes that need refinement.

## Freestyle

### Consideration:

- K.I.S.S (not the rock group)
- Stroke cues

### 1. Reach/front extension

### 2. Catch and Pull (elbow up, hand and forearm pitched back as a paddle).

- 3. Elbow high/shark fin (encourage swimmers to get hand and forearm as vertical as possible on recovery. Teach swimmers to keep the hand as close to the body and face as possible during recovery.

### 4. Small, fast, steady kick

### 5. Head still

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