

# NEW EARSWICK SWIMMING CLUB



## TEACHING PLAN

(Developed by James Richards in November 2006)

## **WHITE HATS**

This stage will be for the “Non-Swimmer” and is designed to improve a child’s confidence in the water and introduce basic skills and stroke development.

**At the end of this stage, swimmers will be able to:**

- **Sit on the side and demonstrate breaststroke leg action.**
- **Enter water unaided.**
- **Put face in water.**
- **Swim 5m on breaststroke, backstroke and front crawl.**
- **Exit the pool unaided.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “FUNDAMENTAL” stage of development.

## **YELLOW HATS**

The first “Beginner” stage will see children being taught more water confidence, and strokes will begin to develop. Stamina will also begin to develop as children swim 10m at a time.

**At the end of this stage, swimmers will be able to:**

- **Jump in unaided.**
- **Swim 10m breaststroke.**
- **Swim 10m backstroke.**
- **Swim 10m front crawl.**
- **Perform a recognisable butterfly stroke for 5m.**
- **Perform a push and glide on front and back.**
- **Show an effective butterfly leg action.**
- **Retrieve sinkers from shallow water.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “FUNDAMENTAL” stage of development.

## **GREEN HATS**

This is the final section of the “Beginner” stage. Strokes will become tidier and stamina is further developed. Children should be very confident in water at this stage and fully understand propulsion and water breathing. Butterfly is also improved at this level.

**At the end of this stage, swimmers will be able to:**

- **Perform a recognisable butterfly stroke for 10m.**
- **Show effective breathing on all four strokes for 10m.**
- **Show an effective kicking action on all four strokes for 10m.**
- **Show effective streamlining on front and back from a push and glide.**
- **Swim through two hoops underwater for a distance of 5m.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “FUNDAMENTAL” stage of development.

## **PURPLE HATS**

The first of the “Improver” stages will introduce more advanced skills such as treading water; strokes will be developed even further. Diving is also taught as a method of entry. Recovery of sinkers in deeper water is also required.

**At the end of this stage, swimmers will be able to:**

- **Show excellent streamlining from push and glides.**
- **Swim 15m breaststroke with good technique.**
- **Swim 15m backstroke with good technique.**
- **Swim 15m front crawl with good technique.**
- **Perform a recognisable butterfly stroke for 15m.**
- **Tread water for one minute.**
- **Recover sinkers from deep water.**
- **Perform a recognisable dive.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “FUNDAMENTAL” stage of development.

## **BLUE HATS**

The second “Improver” stage introduces improved strokes and increased stamina levels. This stage also concentrates on perfecting dives. Children also prepare to learn tumble turns by performing somersaults in water. Children now have good stamina levels and are able to swim a number of lengths at a time.

**At the end of this stage, swimmers will be able to:**

- **Swim a number of lengths at a time.**
- **Perform somersaults.**
- **Dive in correctly.**
- **Perform all four strokes with good technique.**
- **Show effective kicking on all four strokes for 15m.**
- **Perform a streamlined push and glide whilst performing either a front crawl or butterfly kicking action for a minimum of 5m.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “FUNDAMENTAL” stage of development.

## **RED HATS**

The first of the “Advanced” stages will further develop efficient technique and aquatic skills. Swimmers learn to correctly tumble turn and practice diving from starting blocks. Stamina levels are also increased again as swimmers begin to complete further distances.

**At the end of this stage, swimmers will be able to:**

- **Perform all 4 strokes over greater distances.**
- **Perform an effective dive from a starting block.**
- **Execute an effective tumble turn.**
- **Understand the need for and use a pace clock.**
- **Show effective streamlining from all dive starts, and push and glides.**
- **Show the ability to listen to instructions and carry them out correctly.**
- **Show good levels of discipline.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “TRAINING TO TRAIN” stage of development.

# **BLACK HATS**

The final stage in the teaching section before the swimmer enters a more serious training environment is the second “Advanced” stage. Swimmers should now be competent at all four strokes and be able to effectively execute competitive starts and turns. Swimmers should be able to use the pace clock and fully understand it’s purpose. Swimmers should also have good levels of stamina as the distances completed are increased from the “Red Hats”.

**At the end of this stage, swimmers will be able to:**

- **Perform all four strokes competently and with ease.**
- **Perform a racing dive from a starting block, and hold a streamlined position whilst using either a front crawl or butterfly kicking action for a minimum of 5m.**
- **Effectively execute tumble turns on front and back.**
- **Competently use a pace clock without being prompted by teacher.**
- **Show a “thirst for knowledge” and the intention of improving their own performance.**

In terms of Long Term Athlete Development, swimmers in this group will be at the “TRAINING TO TRAIN” stage of development.

## **NOW WHERE?**

Upon successful completion of the 'Black Hat' stage, swimmers will then be invited to join the coaching section. However, if the coaching section is not for you, doorways will now have been opened into other aquatic opportunities, such as water polo, scuba-diving, canoeing etc.

For more information, please do not hesitate to contact your child's teacher, or alternatively, you could contact the club's secretary.

## **USEFUL CONTACTS**

<b>Martin Richards</b> <i>Chairman</i>	<b>01904 765397</b>
<b>Pauline Richards</b> <i>Secretary</i>	<b>01904 765397</b>
<b>Nicola Moorcroft</b> <i>Child Welfare Officer</i>	<b>01904 763902</b>
<b>Elaine Mepham</b> <i>Recreational Secretary</i>	<b>01904 769168</b>
<b>Phil Baldry</b> <i>Waiting List Enquiries</i>	<b>01904 490670</b>
<b>James Richards</b> <i>Swimming Development Officer</i>	<b>01904 765397</b>
<b>Colin Turnball</b> <i>Pool Caretaker</i>	<b>01904 768266</b>
<b>Margaret Codling</b> <i>JRHT (Lost Property etc.)</i>	<b>01904 768266</b>

**More information may be found at:**

**[www.newearswicksc.co.uk](http://www.newearswicksc.co.uk)**