

## Eagle Ridge Summer Swim Club 2018

Instructors: Sierra Kearsley, Hannah Foreman, Alexa Lou Peterson  
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Participants Name and Age:		<b>Session Information</b>
Parent/Guardian Name:		-Practice is held Mon-Thur from 8:00-9:55 #1 = June 4th - 28th <ul style="list-style-type: none"> <li>● Guest = \$85</li> <li>● Member = \$80</li> </ul> #2 = July 2nd - July 26th <ul style="list-style-type: none"> <li>● Guest = \$75</li> <li>● Member = \$70</li> </ul> #3 = July 30th - August 6th <ul style="list-style-type: none"> <li>● Guest \$65</li> <li>● Member \$60</li> </ul>
Email/#/ Contact information:		
Session #(s) desired:		
Guest/club member #:		

Did you participate in swim club last summer (2017)? Yes / No (circle one)

**Objectives:**

- To help young athletes improve their skill level in any stroke to be able to move efficiently and quickly through the water. Our swim club is great way for kids to further develop skills, build endurance, and prepare for future swim team participation.

**Course description:**

- **Main strokes we will focus on= Butterfly, Backstroke, Breaststroke, Freestyle (sidestroke, elementary backstroke will be our cooldown strokes)**
- Each day we will start with a body alignment warm up with an emphasis on correct basic body positioning in the water with each stroke
- Basic skills will be taught exceptionally well, once the student comprehends the correct mechanics for that skill, we will then advance within the stroke
- Each stroke will be taught in progressions \*\* ex) push offs & streamlines-> floating->kicking->arms->speed
- We will increase the amount of distance by 10% each week, once the skills have significant improvement we will then increase the intensity of the set by 10% as well
- Turns for every stroke will be taught
- Swimmers will be given a workout every day, some focusing on anaerobic training, others on aerobic training. This will include teaching them what a heart rate is, how to calculate their heart rate, and then how to bring it back down by doing a cooldown set.

**Skill Level Information:**

- \*Swimmers need to bring their own goggles and demonstrate the following skills:
- Front crawl (freestyle) & Back Crawl (backstroke) =100 yards  
 Breaststroke and Sidestroke = 25 yards  
 Butterfly = 10 yards  
 Breaststroke and Sidestroke turn as well as Flip turn for front crawl (freestyle)  
 Tread water for 1 min