

Eagleridge Summer Swim Club 2017:

Instructor: Alexa (Lou) Peterson email= eagleridgeswim@gmail.com cell # : 801-541-3211
 Bountiful High Swimming Head Coach
 Assistant Head Coach of the South Davis Aquatic National Team
 Head Coach of the South Davis Aquatic Junior Team

Participant's Name and age :		<u>Session information:</u> <ul style="list-style-type: none"> Practice is held Mon-Thur 8:10-8:55 am (45 min class) Schedule & Pricing: <ul style="list-style-type: none"> JUNE 5-29 / \$75 JULY 3-27 / \$75 JULY 31-17 / \$56
Parent or guardian name :		
Emergency contact phone number:		
Email and/or cell number:		
Month desired?		

Did you participate in swim club last summer (2016)? Yes / No

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

For those who did not participate last year: Your child must attend a Pre-Screening and demonstrate the skills listed, without difficulty, in order to participate this will be held **Saturday May 20, between 9:00-10:00 am -It will take approximately 15 minutes*