



## Welcome to Term 4

Great to see everyone back this term and a very big welcome to all our new swimmers. We are looking forward to a great term.

Swimming is a life skill every person should learn. With summer on its way we will all be spending more time outdoors near water - at the beach, at home or where ever you may be. Remember to supervise your children at all times when they are in or around water, accidents happen so quickly!

Be alert and have a safe, happy summer.

## Congratulations

### Congratulations Yinhu.

Yinhu is 12 and is already a Level 1 swimmer, having been through both Level 3 and Level 2. You will see him swimming at TBSS in our National Squad at 5.30pm each day.

Yinhu is a dedicated competitive swimmer and has recently been to the National Intermediate Schools Championships (AIMS GAMES) held at Mt Maunganui, where he won 6 Gold Medals and 1 Silver medal - no mean feat as the races were very close together and the competition tough.



## Swim Tip

### Tips for learning freestyle arms

**Is your child having trouble getting those arms up and over the water?**

Get your child to practise "big arms" at home, walking around your house or in the yard, this will make it easier for them when they are in the pool.

Make sure their shoulders are doing all the work with their "big arms" long and straight. The muscle of their upper arm needs to brush past their ears as their "big arms" go around and around. The "big arms" must be straight at all times and thumb must brush the thigh when the hand is down (see pictures on the right).

Make sure their head is still and their nose is pointing forward.

Do this exercise daily with your child. Remember to make it fun - sing a song eg: The big arms of the swimmers are long and straight ...

## If your child is under 2

### Be careful at the beaches over summer

Summer approaching and the beach is calling, it is important to remember that a baby's kidneys are not sufficiently developed to be able to secrete all the salt in the water that the baby swallows (it is for this reason you are advised not to salt food for young children).

When swimming in the sea remember to limit submersions, especially if you are not sure if your little one is swallowing.

**TBSS WEBSITE**  
[www.tbss.co.nz](http://www.tbss.co.nz)

## Swim Tips pictures

1. Start with the hand out the front with one hand on top of the other hand



2. Move your arm down to your leg. (Notice the full extension of the arm)



3. Roll the shoulder back with the arm so you are fully extended out the back of the stroke. You must use your shoulders



4. Continue to roll your shoulder up and over past your head then back to hands on top of each other. Back to picture 1



Get your children to swing their arms around lots like this to help with arm strokes

## Emergency Action Plan

**In emersion incidents, every second counts. Having an Emergency Action Plan in place can reduce panic and save vital time.**

Consider the following:

- If a child is missing, check the pool and other water hazards first. Seconds count!
- Have a phone poolside for emergency use only.

In the case of emergency, dial 111. The operator will ask you some important questions, including:

- The address where the ambulance is required
- What the problem is
- How many people are injured
- The patient's age
- The patient's gender
- If the patient is conscious, and
- If the patient is breathing

The operator may provide you with advice to assist the patient while you are waiting for the ambulance

It is important that you **DO NOT HANG UP** until the operator tells you to. You may have to hold the line while an ambulance is dispatched.

If you haven't done so, revise, refresh or enrol yourself in a Cardio Pulmonary Resuscitation (CPR) course so you are prepared in case of an emergency. CPR accreditation is current for a year.

## Lost Property

**Please check the lost property regularly.**

Due to the amount of lost property left behind, every five weeks, we will be donating all clothing and shoes left behind to charity.

## Important Dates for Term 4

### Term 4 Ends

Sunday 19<sup>th</sup> December

### Assessment Week

29<sup>th</sup> November – 5<sup>th</sup> December

### Term 1 2011 bookings

Existing customers – from Week 3 to 8  
New customers – from 7<sup>th</sup> December

## The TBSS Approach to Baby and Toddler Swimming

We believe young children should be taught how to anticipate and prepare for submersion by conditioning them to recognise and respond to a verbal cue and teaching breath control. This is a distinguishing and differentiating feature of the TBSS Baby Programme. Our little swimmers voluntarily achieve the skill of being able to initiate a submersion (yes, even at 6 months old!) as opposed to "being dunked". Dunking teaches the child nothing at all, they may "tolerate" it for a short time but will soon start to object.

Your child should never be forced to do anything that distresses them during swimming lessons as participation should be an enjoyable experience for you both. Our method ensures each child is ready for the skill being taught by working through a series of progressions

The expectations and teaching methods used in our programme are designed to reflect the physical and cognitive abilities of this age group. Our baby instructors have been carefully chosen and trained in this specialised area of swimming.

We are always happy to discuss your child's progress or any other thoughts and/or concerns you may have. If this is not possible after class, we are happy to phone you at a suitable time.



## Competitive Swimming – Central Swimming Club

We have had a lot of enquiries about what happens once a swimmer has been placed into squad swimming.

Many squad swimmers are training for Waterpolo or Triathlons, or just for fitness. But there comes a time, often in summer, when schools have their swimming championships, when the question of swim racing comes up - what do you do if you think you would like to start doing a few races?

TBSS started the **CENTRAL CITY SWIMMING CLUB** specifically for our swimmers to be able to compete in competitive racing sanctioned by Swimming New Zealand. Each swimmer is registered with Swimming New Zealand and Auckland Swimming, and races at the level appropriate for their age and level.

In Auckland the starting level is LEVEL 3, (eventually working up to LEVEL 1). Level 3 swim meets are held locally, usually at Mount Albert Aquatic Centre and usually once a month. Races are short and the meets take about 2 hours. Central City Swimming often has 20 or more swimmers aged between 8 and 15 at these meets, but we could have more. Junior, Senior, or Development Squad swimmers at TBSS are all capable of racing at this level.

If you would like more information about racing competitively, see Trent, Sandra or Ian - we can help you make that first step.