Drill of the Season: Diving

Although everyone loves to watch a good, thumping belly flop, some would like to learn how to not have to flop every time they try to dive into a swimming pool. Before we talk about diving we should mention **SAFETY**. Diving poses risks and should not be performed in shallow water. Learning to dive should be done in deep water (at least 6ft. deep or deeper) *and* with proper supervision. As another safety measure, ALWAYS dive with your hands above your head, so if you dive deep, you will protect your head from striking the bottom.

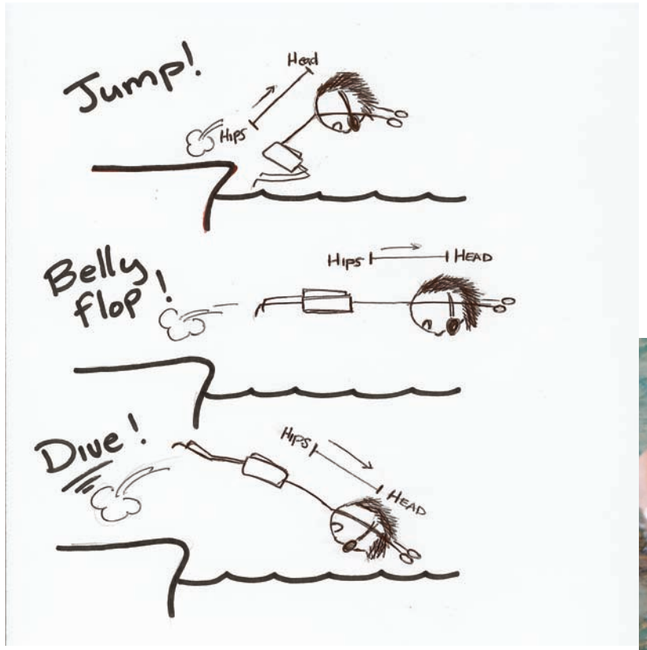
Diving is as simple as doing a one-second handstand. As long as you jump in the pool with your hips higher than your head, then you're diving. The rest is just details.

Fig 1. When the hips are lower than the head, it is just a jump. This posture is usual for kids that keep their knees bent when they dive.

Fig. 2 When the hips and the head are in a horizontal line, a belly flop is on the horizon. This posture is typical for kids than look forward as they jump from the wall.

Fig. 3 When the hips are higher than the head, this is a dive. To get onto this posture, you must keep your head tucked as you bounce your hips above your head.

Remember to be safe when practicing this skill. Happy Diving.



Employee of the Session

Kidz Jokes

Why did the teacher jump in the water?
She wanted to TEST the water.

A man tried to swim across the ocean, but got tired halfway and decided to turn around and go back.

What kind of dive are army men best at?
Cannon-ball

Soda can't swim, but Root Beer Floats!

50 ducks went to the pond to go swimming, but the pond was closed. One duck said to the other ducks, "Oh-no WADDLE we do now?"

Happy Fish Swim School's Official News Letter

Fish Tales

Summer 2006

Get the Most Out of Your Practice

Michael Wang and his parents use noodles to make a train

Angeline Chen and her parents practice kicking and gliding.

In This Issue:

Now that it's summer, there are many lot of opportunities to swim: pool parties, community pools, and Happy Fish Make-Up/Practice Time of course. Our teachers at Happy Fish try to teach your children as many new skills as possible. Just like progressing at any other sport, swimming skills need to be practiced. Even if you, as a parent, aren't a good swimmer, you can still help your child practice. Here's how:

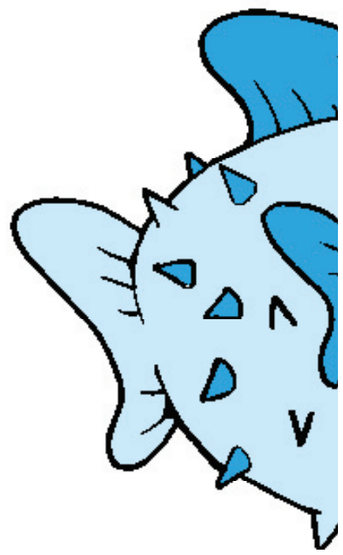
1. **Take your kids swimming as much as you can.**

The biggest thing you can do as a parent to encourage your child to practice is to put your children in an environment for them to practice. Just like you can't practice baseball in the kitchen, you can't practice swimming unless you're at a pool. Try to go swimming with your kids once a week. Not only will you have a fun time with your kids, you will also earn brownie points because most kids perceive swimming as a special outing.

2. **Supervise your swimmer.** Your kids will want to practice

cont. on page 3

A



Fold A to B

I PU-FFER A HEATED

Water Water Everywhere: Fun Facts About Water

Happy Fish is dedicated to teaching people about how their bodies function in the water. Outside of swimming, there are many interesting facts about water, such as…

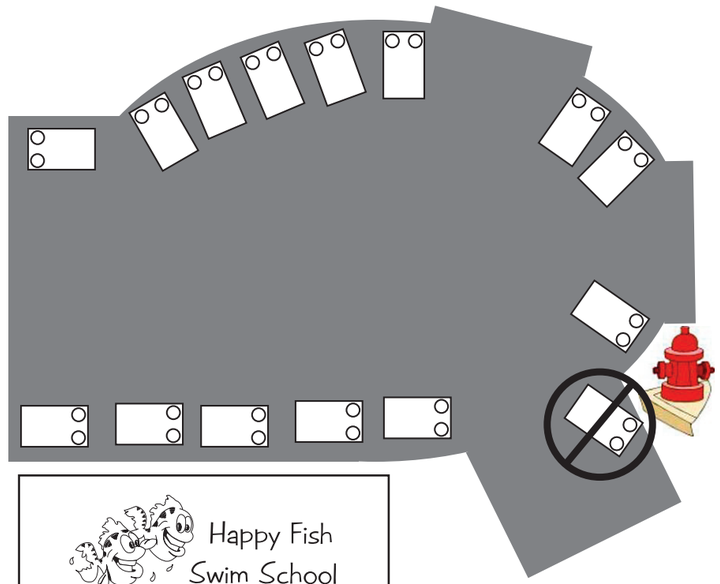
- The overall amount of water on our planet has remained the same for two billion years.
- Frozen water is 9% lighter than water, which is why ice floats on water.
- If all the world's water were fit into a gallon jug, the fresh water available for us to use would equal only about one tablespoon.
- Water regulates the temperature of the human body. If you have caught a fever you should drink lots of water.
- Water leaves the stomach five minutes after consumption.
- Approximately 66% of the human body consists of water. Human brains are 75% water. Human bones are 25% water. Human blood is 83% water.
- In a 100-year period, a water molecule spends 98 years in the ocean, 20 months as ice, about 2 weeks in lakes and rivers, and less than a week in the atmosphere.

http://www.lenntech.com/water-trivia-facts.htm

Parking Made Easy

It's no surprise that more people come to happy fish in the summer, which means less parking. We can work together though if we maximize the space within the court. *See the illustration on the right.*

Please be courteous to other families, and please don't park in front of the fire hydrant. It must be accessible at all times in case of and emergency.



Happy Fish Swim School

The Key to Side Breathing

The Key to Side Breathing

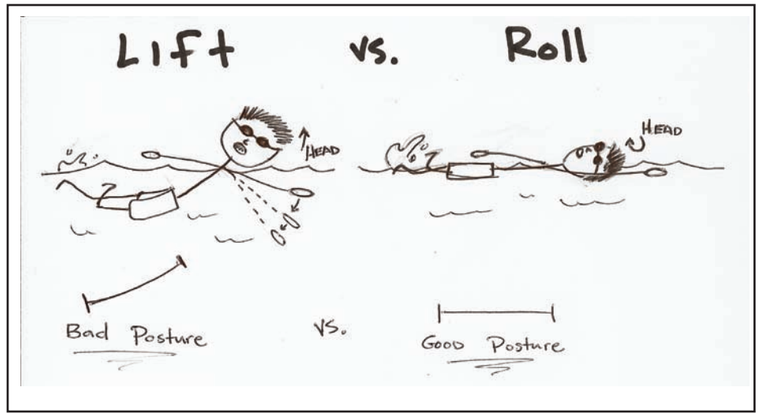
Why is side breathing so hard to learn? It looks so easy when other people do it. Has this thought ever crossed your mind? If so, then keep reading.

Side breathing is the combination of gross motor skills, fine motor skills, and a conscious effort to breath in a pattern. Most of us spend the day walking around breathing whenever we want. Swimming, on the other hand, requires us to breathe at a specific time during our movement. Learning rhythmic breathing takes practice. And the more you practice, the easier it will get.

The common misconception about side breathing is lifting vs. rolling. When our body needs air, our natural instincts tell us to try and lift our head fully out of the water by pushing down with our front hand. If you stop reading this article for a second and watch one of our students learning side breathing, you will see that student is using the arm underneath him/her to push the water down and lifting the head fully out of the water. This technique, although functional, is not efficient. Breathing like this will cause fatigue, and you will have trouble swimming longer distances.

Rolling is the preferred way to breath and the key to understanding side breathing. Imagine your head split in two sections, the front half and the back half. While swimming, the front half of your head is submerged while the back half is out of the water. When it comes time to breathe, you should roll your head so the back half is in the water while the front half is out of the water. Since you are rolling and not lifting, the arm underneath you should stay extended until you put your head back in the water.

Next time you and your child practice side breathing, work on rolling and not lifting…and you will notice the difference.



This illustration contrasts the difference between lifting the head vs. rolling during side breathing.

B

Fold A to B

POOL TO SWIM IN.

Practice *cont.from pg. 1*

skills that are challenging to them. Once you and your child are in the water together, your main role will be that of a supervisor. Why would they sit in the shallow end on the steps if they are trying to master arm stokes? Most children get excited while in an aquatic environment and like trying new things. It is your job to let them explore and practice while keeping them safe.

3. **Give your kids small tasks to accomplish, and gradually increase the difficulty**. For example, have your kids swim from the wall to a floatation device (kickboard, noodles, foam mat, etc.) and gradually increase the distance as it gets easier for your swimmer.

Take advantage of the great weather, and get out there and practice.