

Drill of the Season:

6-Kick-Switch

By Scott Schroder

The 6-Kick-Switch is one of the easiest and most encompassing freestyle drills taught today. It allows swimmers to work on so many different aspects of the stroke at once. Such as:

Kicks: Since 80% of the drill is kicking, swimmers are able to strengthen their legs and work on the efficiency of their kick.

Arm Strokes: Swimmers are only allowed one arm stroke per six kicks, which lets them focus on timing, form, and distance per stroke.

Timing: One arm should be pulling the other one forward, like climbing a ladder.

Form: The arm should pull all the way back to the hips, come out of the water, and bend so that the fingers enter the water first followed by the rest of the arm (like moving your arm through a sleeve).

Shoulder Roll: Arm strokes should stretch as far in front of the swimmer as possible until their chest faces one way or the other. This rolling of the body also helps improve the distance per stroke as well as the ability of to breath on the side.

Mastering the 6-Kick-Switch takes patience and practice; and once this drill has been mastered, you will start to see improvement in your swimming right away.

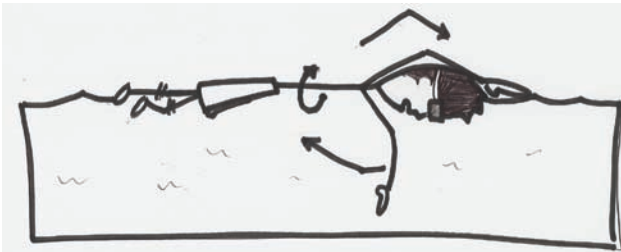
Step 1:

Do 6 flutter kicks on your side with one hand in front of you and one hand at your side. Also, make sure your head is at least halfway in the water.



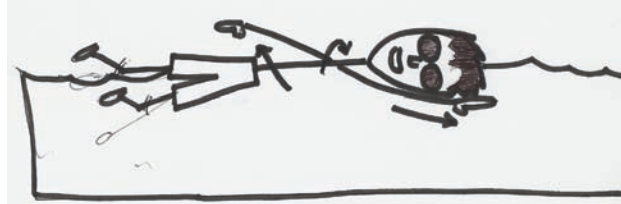
Step 2:

Take one armstroke and roll onto your other side continuing to keep your head halfway in the water. For added difficulty, practice your timing and form (see left for directions).



Step 3:

Repeat step 1.



Employee's of the Session: Fall 2004



Fish Tales

Winter 2005

WSI: Where Did My Winter Break Go?

A Special Thanks
to people that donate to make
Happy Fish a better place.

Sunday Cardenas for donating the plastic play structure in the play room. **Kathie Montoya** for donating over one-million calories to Happy Fish's Grand Opening Celebration. **Bay Ariels** for partnering with us during the Halloween Carnival. And **all the parents** that donate books and toys to the Happy Fish Swim School for others to enjoy.



The Water Safety Instruction (WSI) graduating class of December 2004

By Jackie Ngo

With the onset of Winter Break, most students anticipate at least two academic-free weeks of rest and relaxation where they can wallow in their leisure.

However, for me and about fifteen others, a good portion of our break was occupied by the American Red Cross Water Safety Instructor (WSI) course, offered through Happy Fish Swim School this past December. So much for academic-free, we had homework every

night!

The 40 hour course was spread over a period of six days, and participants spent long days together swimming laps in the pool, practice-teaching lessons, giving oral reports, and watching instructional videos – all the while taking copious notes, of course.

The WSI course, which also includes Fundamentals of Instructor Training (FIT), is meant to strengthen and sharpen the participants' ability to swim and break down the strokes to

Kidz Kwote's

"OK...we'll drown and you save us." says **Yash Verma** while trying to invent a new game.

When asked who his favorite superhero is, **Vivek Calambur** responded, "Favorite superhero? How about favorite figure in history, mine's Henry Ford."

"I wish my first name started with a B, so I would be named Bupak," said **Rupak Doctor**.

"When you mess up my hair, it makes me look not handsome," says **Albert Muljano** as he fixes his hair that his instructor put in spikes.

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Employee of the year: Barbara Bousquet

Help! My Child Stopped Progressing

By Scott Schroder

Every student goes through a time during swim lessons, or any lesson program when he or she hits a plateau and stops progressing. What can we do to motivate ourselves or our children to keep progressing? Should we keep doing what we're doing and hope that time will be on our side, or should we keep pushing until we are at the next level?

Hitting a plateau is a normal part of the learning process, and in order to continue progressing, a swimmer must set new individual goals and put in more effort to achieve those goals. For example, a beginner may set a goal to hold their breath underwater

for a longer period of time by playing with toys that sink, and retrieve as many as they can with one breath. Learning to set and achieve goals by ourselves is a wonderful characteristic to have in life.



So when that time comes that our child is once again repeating the same level, it may be time to re-evaluate our goals. If the student still enjoys swimming, then it is time to buckle down and start paying more attention in class and start committing a little more time to practice outside of normal class time so they can move on to the next level.

Everyone puts in overtime at one point or another in order to achieve a goal, is now that time?

Happy Fish has practice times for swimmers to practice or just have fun: Fri. @ 7:30 pm, Sat. @ 3:30 pm, and Sun. @ 2:30 pm. See front desk for more information.

Employee of the Year: Barbara Bousquet

Just as management was announcing the Happy Fish Swim School's employee of the year during a quarterly staff meeting, Barbara Bousquet, age 45 (given reluctantly), was laying on the couch about to fall asleep. "I heard all the nice things they were saying, and thought, 'that sounds like me,'" Barbara admits. Yet she still sat there with her eyelids drooping from the lack of sleep she got the night before. "When [management] announced that I was named the employee of the year," Barbara says, "I was shocked."

Barbara shouldn't be shocked though; she has done tremendous things over the past year that earns her a rightful spot

in our history as an employee of the year. A little over a year ago, at age 43, Barbara took her first ever lifeguarding class that catapulted her into the swim lesson profession, yet that wasn't enough. She has started, built, and maintained Happy Fish's first ever Aqua Aerobics program, that meets every T/Th morning at 9:00 am and M/W night at 7:30 pm, and is also on the elite Waterbabies team, a group of teachers who specialize in infant and parent swim classes. On top of all that, "she has improved tremendously over the last year as a swim teacher," says manager Scott Schroder.

Outside of Happy Fish Barbara tackles some of the hardest jobs of all: being a mother

of 2, volunteering her time to her daughter's junior high school as school site council president and to the PTA, and working for peanuts as a noon supervisor. "Teaching swim lessons at Happy Fish," she admits, "is still my favorite job."



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teach them effectively, all while incorporating water safety skills to maintain a safe learning environment. Once completed and passed, participants become certified by the American Red Cross to teach a variety of swimming courses.

So every morning, instead of sleeping in until two in the afternoon like most students probably were, we were up and out the door bright and early to make it to the pool by 9:00 a.m. There was a lot instructional time spent in the classroom going over the materials from the three required textbooks as well as supplemental material.

For the FIT, Fundamentals of Instructor Training, portion of the class we went over the traits of being an effective teacher, class management, and class preparation. We learned how to handle a variety of different classroom situations effectively through role-play and discussion. We were taught some key skills in teaching students, such as how to engage the students, have an effective flow within the lesson, and adjust for different skill levels.

A large part of WSI was planning and organizing lesson plans. Every night we were assigned a new skill to incorporate into a lesson; and on the following day, we taught our lessons to a class of our peers. This was especially helpful because we all saw how others taught and received



Instructors Amy Garibaldi (left) and Megan Steinert (right) listen intently during a class evaluation.

constructive feedback on how to improve our own teaching.

Not only did we give each other constructive criticism, we had to evaluate ourselves too! Everyone had something to learn from everyone else as well as ourselves.

We studied hydrodynamics, also known as the physics of fluids, and learned about how things move in the water, buoyancy, density, resistance, propulsive forces, and general swimming efficiency. For each of the strokes we watched videos that demonstrated the stroke and most efficient parts of it and then broke it down into four main parts: body position, arms, legs, and timing. In the water, we went through a progression for each stroke, and also certain skills such as diving, starts, turns, and floating. Through team teaching, or reciprocal teaching, we refined each others' swimming. As

far as stroke performance goes, we all have a better, more developed understanding of each of the six strokes taught in the American Red Cross swimming levels: front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly.

Prior to this class, I had no idea there were so many different dimensions to swimming. The more a swimmer understands what happens in the water, the better he or she can teach it. It was time well spent, but I'm still waiting for my winter vacation.

For information about future WSI, Lifeguarding, CPR, First Aide, or Safety training for Swim Coaches classes, visit the front desk or contact Liz at (510) 226-SWIM.