



Starfishies Program



Program Overview

Each lesson will have a technical component, and a routine component. There will also be a warm up game, technical game, and routine game. These games are the coach's choice. Sample games can be found in the attached list, each classified as warm up, technical, or routine based. The games for each activity should complement that week's lesson if possible. The allotted times are given for each activity.

The routine elements from each star being tested will be put into a routine for the girls to train. The routine will contain both elements separated by a brief stroking section. On days where the girls train their routine the coach may continue training routine for 10 more minutes instead of a routine game if the athletes are maintaining focus.

Skills are taught given the following outcome goals:

- **Introduce:** The coach paints the picture in a variety of ways. The athlete can visualize the skill, but may not be able to perform it.
- **Review:** Recently taught skill is trained. Athlete is not yet at the "Develop" phase.
- **Develop:** The coach emphasizes repeating drills in a variety of ways to strengthen the skill. The athlete is able to perform the skill, but necessarily with other movements at 5.0/6.0 level.
- **Consolidate:** The athlete is able to perform the skill in a complicated context with moderate consistency at a 6.0-7.9 level.
- **Refine:** The athlete is working toward perfection.
- **CFU (Check For Understanding):** Strategic questions you ask athletes which will show YOU that they understand. If their responses show they DON'T understand, try to explain it a different way.

Coaches Notes Section:

In this area the coach can record key events from each lesson for their reference when moving forward with the class. Also **keep track of any athletes that were missing**, and note down **how many breaths they took in their unders** each class.

Some key questions to ask yourself:

- What went well today? Were there any activities the athletes really liked?
- What did you struggle with? What would you do differently next class?
- What did the athletes struggle with? What can you do next class to help them improve this?
- Did anything else of interest happen today?



Sample Drills

Star 1:

Back Layout:

1) Teaching Progression

Head to toe lesson on focuses in back layout- Long neck, tummy tight, bum tight, toes together
Try in the water floating, toes on the wall, floating off the wall (with bottles, or without bottles)

2) Training Progression **Equipment: Ducks/ Cups**

On the wall holding with sculling, then hold while balancing a cup/ duck

Off the wall holding with sculling, then hold balancing a cup/ duck

Challenge: how many places can you hold it?

Tub/ Back Tuck Somersault

1) Teaching Progression **Equipment: Kickboard**

Teach athletes tub on land- Head back, knees to chin, toes dry... Try on land/ in water

Teach athletes somersault on land- Lying on kickboard to protect back, try to use tummy muscles to roll back, lifting hips off the ground, pushing knees over face.

Athletes try backwards roll off wall (Safety tip- watch that athletes don't roll and hit head on wall)

Athletes try backwards roll off kickboard, then try roll without kickboard

2) Training Progression

Off wall with sculling (or bottles?) layout -tub- layout with tapping 2-3x

Off wall with sculling whole figure 2x

In partners watch each other- tell them if they held every position, and tell them one thing they did well!

Fun Game: Tub Tag

Standard Scull, Head First and Foot First Scull

1) Teaching Progression

On land, athletes stand in "layout" against the wall, teach sculling- "Imagine a giant hotdog under your back, spread your favourite topping all over it! Don't bring your bum underwater or you will get (topping) all over it!"

Try on the wall with sculling, off the wall with sculling

Try moving in lengths with a kickboard under toes- fingers up/ fingers down

2) Training Progression

Review sculling technique upright on wall, scull one hand at a time ~30 seconds, 2x each arm

Try to balance a duck on your tummy/ toes in a layout hold off the wall

Try to balance a duck on your tummy/ toes for a length of layout

Fun Game: Relay races balancing duck

Waterwheel

1) Teaching Progression

On land, teach athletes leg position, and leg movement. Then try in the water "walk around a hamster wheel!"

Teach athletes whole figure: Layout, one turn, layout

2) Training Drill

Do a verbal review quizzing athletes about how to do the figure, try 2x off the wall

2x whole figure: try to get around with big steps. Who can get around in the least amount of steps?

Fun Game: Who can get in the most turns without the duck falling off their tummy?



Sample Drills

Star 2:

Front Layout

1) Teaching Progression:

Flip your back layout onto your front! Try with toes on the wall (Same focuses!)

Try with sculling- your hotdog is now under your chest!

Try off the wall (may need floatie under toes)

2) Training Progression:

Verbal review of focuses with the group- Head, hips, toes dry, squeeze tummy, squeeze bum

3x hold off the wall with bottles. Focus = squeeze body to get it all dry!

3x hold off the wall without bottles. Same focus

Paddle Scull:

1) Teaching Progression

Athletes sit on the wall, show you scull above their head- brush your bangs down

Athletes try in the water with toes on the wall

Athletes try in lengths (May need kickboard under feet)

2) Training progression

3x Extended front layout hold- no sculling, hands above head. Toes tight, tummy tight, bum tight

4x lengths of paddle scull, maintain same position with body

Fun Game: Relay race- paddle scull there, grab a duck, paddle scull back. First team to bring back all ducks wins!

Sailboat/ Sailboat Alternate:

1) Teaching Progression

Teach position on land- start with review of layout, and have them bend one leg up

Hold position on the wall with sculling- keep your tummy tight to stay balanced!

Hold position off the wall with sculling- keep your toe and head dry! (May need floatie under foot)

2) Training Progression

Hold off the wall with bottles 3x- focus on getting body back, whole body dry

Hold off the wall with a floatie under bottom foot- same focus

Hold off the wall without floatie- same focus

Fun Game: Simon says (Layout, tub, sailboat R/L, somersault)

Pretzel

1) Teaching Progression

On land show position. How is it different than waterwheel?

Try in the water with sculling- only hold position

Try in the water turning

2) Training Progression

3x 20 second hold layout with bottles, 3x 20 second hold pretzel with bottles

3x whole figure- try to hold the positions for 5 counts each!

Fun Game: Pretzel tag- when "it" tags you, hold pretzel until someone saves you!



Sunfish

First Parent Email

The below template should be completed with all appropriate information and sent to all parents at end of "trials" (end May/ Beginning of June) when teams are set/ any potential Starfishies have moved up to competitive. Any additions to groups AFTER email has been distributed must be forwarded a copy of this email.

All email correspondences should CC our VP of Coaching Jane (vpcoaching@ndsunfish.com), our Artistic Swimming Director Natalie (artistic@ndsunfish.com), and our Head Coach Jenna (jennadee3@gmail.com)

If groups are shared between more than one coach, head coaches please CC assistant/ volunteer coaches in the email.

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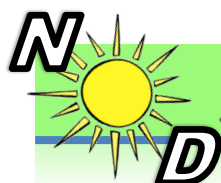
Sample e-mail:

Hi Parents,

My name is _____ and I will be your child's coach for the *Starfishies* artistic swimming program with the North Delta Sunfish. Please note (insert any special events or dates of interest coming up). All our practices start on the field with 15 minutes of dryland before we start swimming. I am very excited to coach all of your kids this summer!

If you have any questions, do not hesitate to contact me at this email address.

Thanks,



Sunfish

Sunfish Synchro Athlete Profile

Athlete Name: _____

Birthday: DD/MM/YYYY M/F

My athlete is interested in:

Competitive Synchro

Starfishies Synchro

This summer my athlete will also be participating in:

Speed Swimming: Group # _____ / Little Fishies

Water Polo: Junior / Senior

Contact Information:

Parent #1 Name: _____

Phone: _____

Parent #1 Email: _____

Parent #2 Name: _____

Phone: _____

Parent #2 Email: _____

Emergency Contact: _____

Phone: _____

Relationship: _____

Medical Information:

Allergies: Y / N _____

If "yes" please specify above

My Daughter / Son carries an EpiPen: Y / N

My Daughter / Son can administer their EpiPen: Y / N

Asthma: Y / N

My Daughter / Son requires an inhaler: Y / N

Severity of Asthma: 1 2 3 4 5

Other medical conditions of interest to coach, or injuries:

Starfishies Lesson 1:

Date:

Objectives:

Introduce technique for land and water warm-up so athletes know what is expected each practice.

Introduce Back Layout position

Introduce eggbeater

Equipment:

Something to float with in case any athletes are uncomfortable

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

1) Cardio

10 Jumping Jacks

Knee hugs

2) Dynamic Legs

Leg Kicks

Walking Lunge

3) Dynamic Arm

Ape Arms

Heel to Bum

Hugs

4) Extension

10 Barbie's

Swim Warm-up (10 Minutes)

5 Minute Rules/ Safety Talk:

- Pool Rules: No running on deck, no swimming under bulk head etc.
- Coach Rules: Always show me you are listening by 1) Holding onto the wall with both hands when I'm talking, 2) Ears are out of the water and listening 3) Eyes are on the coach.

Keep your hands to yourself during practice

... Anything else the coach likes?

10 Minute Swim: *Coach should look closely at technique and give athletes a lesson on skills if necessary.*

2x Unders

Explain to athletes what an under is. Remind them that when they need to breathe, they take one breath only. It is important to stay nice and relaxed in unders ("Feel like a jellyfish!"). When you feel like you have to breathe, try taking 3 more kicks and then come up for your breath.

Ask athletes to count their breaths each time, and challenge them to beat their record. Record breaths in "notes" section.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: Sharks and Minnows (or Coach's choice)

Technical Lesson 1: Floating (15 Minutes)

Activity 1: Free floating

Coach chooses a shape ("T" "X" "I" etc) to float in, athletes go off the wall and try to do it totally dry. Have them try 3 at a time without correcting, allowing them to experiment with how to keep their tummy dry. Athletes come into wall, give them a "tip" and allow them to try again with 3 layouts off the wall correction free. First tip: squeeze your bum and squeeze your pee muscles Second tip: Keep your whole body tight

Activity 2: Back Layout Lesson

Teach them the position (body straight and dry), then teach them sculling. Have them experiment upright trying to get whirlpools before trying in layout on the wall, and off the wall.

Key Points

- Eyes up
- Tight tummy, bum, and pee muscles
- Legs together
- Fingers together
- Long sculls- spread on your whole hotdog!

Technical Game (10 Minutes)

Coach's Choice- see list for ideas

Activity: Layout Leap frog

Routine Skills Lesson: Teach Eggbeater (20 Minutes)

Give a quick lesson on how to move legs in a circle (stay in the water if you can), trying one leg at a time, then both legs together. Have girls struggling with coordinating both legs try doing the movement with their hands. A good analogy is to think of using the bottom of your foot to scrape the inside of a bowl filled with cake batter! Have them try off the wall twice with rest in between just to get the legs. Then explain what good synchro posture looks like, and have them try off the wall again going as high up as they can.

Key Points:

- Keep your tummy tight “Hold and egg in your tummy, don’t crush it, but also don’t let it fall out the front!
- Sit up nice and tall from the top of your head
- Legs do circles inwards one after another

Routine Skills/ Wrap Up Game (10 Minutes)

Coach’s Choice- see list for ideas

Activity: Make a routine

Have athletes chose a “theme” to swim to. Help them of 2-3 arm movements that remind them of the theme, and set it to counts. Try together. Add a layout hold for 8 counts after, and then give them 8 “Free” counts at the end to do something crazy/ creative! Practice this to fill the 10 minutes.

Wrap up talk (5 Minutes)

What was your favourite activity we did?

What did you learn about back layouts?

How do we hold our tummy in eggbeater? Does it remind you of how we hold our tummy in layout?

Coach’s Notes:

Starfishies Lesson 2

Date:

Objectives:

Review back layout technique

Teach sculling propulsion techniques
Teach tub position
Review eggbeater

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

Cardio

10 Jumping Jacks

Knee hug

Heel to bum

Walking Lunges

Dynamic Legs

Leg Kicks

Hugs

Dynamic Arm

Ape Arms

Extension

10 Barbie's

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Whip Kick

2x Unders (Record Everyone's Breaths)

Teaching Strategies:

Be sure to only give them one stroke at a time to do. Before unders, explain that you want them to go as far as they can without breathing. Tricks: swim really deep, take 2 extra kicks when you feel like you need to breathe. (any tricks of your own?)

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Review + Teach Tub Position (15 Minutes)

Activity 1: Review Back Layout (5 minutes)

1. What does our body look like in back layout? Lie flat along surface, legs together, stretch body.
2. What do we do with our body? Tight tummy, bum, pee muscles.
3. What do we do with our hands? Fingers together, long sculls- spread your favourite topping on a giant hot dog!

Have them try 3 layouts off the wall in a group. Don't give corrections until they come in. Tell the group something to focus on, and have them try 3 more.

***Reminder: Correct body position first, and tell them what to do to fix- not what they did do wrong.*

le: squeeze your tummy and bum more, not your feet are sinking.

Activity 2: Tub position (10 minutes)

Teach them the position (knees tucked into your chin, tight in a ball, sculling under your legs). Have them try the position on the wall, then off the wall. Each time they try, allow them to try 3 in a row, and then come into the wall. Correct when they are on the wall according to what the whole group has to do.

Try leading corrections with a question: "who felt like their feet stayed dry?" "who felt like they had their knees by their chin?". This will get them more engaged.

Then correct after they respond- it looks like we need everyone to be tighter! The next 3 we do, try to feel your knees touching your chin etc. etc.

Key Points:

- Eyes on the ceiling
- Tight tummy
- Legs together
- Toes dry
- Sculling under legs with proper arm position *

Reminder: It is a good idea to show girls how tub technique is similar to layout technique where you can. "We want our toes to be dry/ We want to do big sculls, just like in layout!"

Technical Game (10 Minutes)

Coach's Choice- see list for ideas

Activity:

Routine Skills Lesson: Review Eggbeater (15 Minutes)

Activity 1: Review yesterday's lesson (5 minutes)

1. What do our legs do in eggbeater? Circles- scrape the cake batter off the inside of a bowl.
2. Do the circles go in, or out? In
Have them sit on the side and show you leg circles holding onto the wall/ sitting on the wall (if its not too cold)
3. What does our body look like in eggbeater? Sit up tall- like a princess/ prince or king/ queen!
Have them show you their BEST posture off the wall. Ask them to try to stay tall while raising one hand/ other hand/ both hands (or other random movements you think of)

Key Points:

- Keep your tummy tight "Hold an egg in your tummy, don't crush it, but also don't let it fall out the front!"
- Sit up nice and tall from the top of your head
- Legs do circles inwards one after another

Activity 2: Practice eggbeater- Games

a) Mirror game- in partners hold eggbeater and copy your partner. One partner starts, about 1 minute later tell them to switch. Call out if you catch someone not doing eggbeater.

Come into the wall after both partners have gone:

1. What was tricky?
2. What was fun?
3. Who stayed in eggbeater the whole time?

Switch partners and do it again.

b) Chose between (or play more than one depending on time)

Play Simon says- one person is "Simon" and the rest of them copy. Whoever wins can be Simon in the next game.

Play the memory game- In a circle, you go around choosing one movement. Person 1 does movement A, Person 2 does movement A and adds their own Movement B, Person 3 Does A-B-C etc. See how many they can remember. If you mess up then you are out!

Routine Skills (15 Minutes)

Review the routine they made up yesterday. Ask if they want to add to that routine, or make up a new one.

- ADD ON: add to armstrokes, then go from layout, to tub, before crazy counts
 - Athletes go off the wall and try things, come in, explain added counts, and have them try the new counts together.

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Whip Kick

2x Unders (Record Everyone's Breaths)

Propulsion skills: (Review) 50-100m

Head First Scull, Foot First Scull

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity:

Technical Lesson 1: Tub Review, Teach Layout-Tub Transition, and Somersault (15 Minutes)

Ask athletes if they remember tub position, and ask how it is different than layout (legs are tucked into your body with your knees by your chin, sculling is under legs), and how it is the same (keep your toes dry, your head back, and our tummy tight). After verbal review, athletes show you 3 layouts. Athletes come into the wall in between and only give corrections that they can also apply to tub. After, everyone will do 3 tubs. Correct on the wall after.

As a "challenge" ask them to try going from tub to layout. Do 3, correct, then do the next 3. Ask them what feels tricky, then give corrections to help them fix what they find difficult.

Key points:

- Eyes on the ceiling
- Tight tummy
- Legs together
- Toes dry
- Sculling under body with proper arm position *

Reminder: Always correct positions before transitions. Ensure athletes at this point are showing a proper layout, then a proper tub. Do not emphasize doing slow transitions this lesson.

Teach somersault: Explain how to do a somersault and have them try it with minimal instruction. Have the athletes come in after trying three somersaults, and give instructions based on mistakes. Have athletes continue trying somersaults, doing 3 in a row, and correcting in between.

If they are having difficulty: Drill- Do tub on the wall. Athletes try to initiate the back tuck somersault, and the coach will assist by lifting their legs. A similar drill can be done in partners off the wall.

Drill- Perform a tub with feet on kick board. Initiate back tuck somersault from this position.

Technical Game (10 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Routine Skills Lesson: Teach Star Element #1 (20 Minutes)

Routine Propulsion and Transitions: back layout (8 cts), HF sculling (8 cts), back flutter kick (8 cts), back crawl (8 cts), back layout (8 cts).

Key Points:

Introduce basic routines skills: moving to counts, holding a pattern. Teach counts and do skills with tapping.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Notes:

Wrap Up Talk (5 Minutes)

What is different about doing skills in a routine, than on our own? (Key point to reinforce- HOW we do the skill doesn't change, but we have more to think about- patterns, presentation, etc).

What do you want to practice/ learn about more?

Coach's Notes:

Attendance:

Starfishies Lesson 4

Date: 10/05/2017

Objectives:

- Introduce back tuck somersault- put pieces together for full figure
- Introduce waterwheel
- Introduce how to count music
- Review routine propulsion and patterns

Equipment:

Reminder: Possibly swimming to music today- bring easy to count ideas!

Deck Warm-up (15 Minutes)

Warm Up Game

Activity: _____

Coach's choice

Swim Warm-up (10 Minutes)

100m Front Crawl

Propulsion skills: (Review) 50-100m

50m Back Crawl

Head First Scull, Foot First Scull

50m kick: Back Flutter, Whip Kick

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Technical Lesson 1: Back Tuck Somersault- Whole Figure (15 Minutes)

Review- how to do a somersault: Ask the girls which muscles they remember using to get around. Then ask the girls where they were sculling during the somersault (THIS SHOULD BE BY BUM! NO ARM CIRCLES!!!). As the girls try 3 off the wall, then have them come in for corrections.

Challenge #1: do as many somersaults in a row as they can

Challenge #2: somersault all the way around to a tub and hold your tub for 10 sculls at the end

Whole figure: Explain that we are going to put together everything we learned into one "figure" (back tuck somersault). Have them do arm movements following yours as you explain the sequence of layout- tub- somersault- tub layout.

Have the athletes go off the wall and try 3. Come in for corrections. Try 3 more.

Key points:

- Show all positions
- Use tummy muscles to start roll
- Proper sculling under body throughout
- Tight body in somersault

Reminder: Be sure to do a verbal review of all pieces of the figure, especially the somersault. Review this transition if necessary.

Reminder: Always correct positions before transitions.

Technical Lesson 2: Waterwheel- Introduce (5 Minutes)

Explain what waterwheel should look like: Walk around the inside of a hamster wheel to spin in a circle.

Have the girls try 3x cold turkey, then give them tips based on their corrections. See "key points" for focuses of corrections. They are written in order of importance.

Key points: (Lesson 2)

- Big "Steps" with feet
- Turn hips sideways
- Look up/ shoulders face ceiling
- Hand position- no sculling!!

Routine Skills Lesson: Element 1 (Review) (20 Minutes)

Give lesson on counting music: 10 minutes

Turn on music and have the girls clap along to it. Show fast and slow beats of the music. For fun do REALLY SLOW and REALLY FAST beats in between, see if they can keep up.

Turn on the music and have them go off the wall and clap to the beat in eggbeater. Then have them try different movements on each beat (splash the water, flick your arm, move your head, etc). THEN have them try on their own to move to the beat. Change up which beat they are using every couple minutes and start this process over again.

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

<u>Cardio</u>	<u>Dynamic Legs</u>	<u>Dynamic Arm</u>	<u>Extension</u>
10 Jumping Jacks	Leg Kicks	Ape Arms	10 Barbies
	Knee hug	Hugs	
	Heel to bum		
	Walking Lunges		

Swim Warm-up (15 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Whip Kick

Propulsion skills: (Review) 50-100m

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Head First Scull, Foot First Scull

**spend 5 extra minutes working on moving layouts today!

If girls are struggling try with a kickboard

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity:

Technical Lesson 1: Back tuck somersault lesson (20 Minutes)

Review (positions)- 10 min

Ask athletes if they remember tub position, and ask how it is different than layout (legs are tucked into your body with your knees by your chin, sculling is under legs), and how it is the same (keep your toes dry, your head back, and our tummy tight). After review, athletes show you 3x layout off the wall, correct, 3x tub, correct, 3x tub- layout-tub, correct

Key points:

- Eyes on the ceiling
- Tight tummy
- Legs together
- Toes dry
- Sculling under body with proper arm position *

Reminder: Always correct positions before transitions. Ensure athletes at this point are showing a proper layout, then a proper tub. Do not emphasize doing slow transitions this lesson.

Review (Somersault)- 10 min

Ask girls if they remember how to do a somersault. Remind them that they must tighten their tummy, and use their muscles to push their knees over their head.

After review, try 3 somersaults off the wall, 3 somersaults off a kickboard (under feet) (or off of coaches hands if coach is in water), 3 somersaults on own.

At end (if time) try a whole figure! Layout-tub-somersault-tub-layout

Routine Skills Lesson: Review Star Element #1 (10 Minutes)

Routine Propulsion and Transitions: back layout (8 cts), HF sculling (8 cts), back flutter kick (8 cts), back crawl (8 cts), back layout (8 cts).

Key Points:

Introduce basic routines skills: moving to counts, holding a pattern. Teach counts and do skills with tapping.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Notes:

Wrap Up Talk (5 Minutes)

What is different about doing skills in a routine, than on our own? (Key point to reinforce- HOW we do the skill doesn't change, but we have more to think about- patterns, presentation, etc).

What do you want to practice/ learn about more?

Coach's Notes: ****does anything still need work??****

Attendance:

Starfishies Lesson 6

Date:

Objectives:

Introduce Front Layout

Develop Layout, review waterwheel

Introduce use of armstrokes in routine, teach creativity in choreography

Equipment:

Something to balance on the athlete's head in eggbeater (toy, cup, etc)

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

If athletes know warm up well, find ways to give athletes a chance to “lead warm up” each class. Rotate which athlete(s) lead each class

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

50m Propeller (Review)

Teaching Strategies:

2x Unders (Record Everyone’s Breaths)

Note: Depending on Athlete’s abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach’s Choice- see list for ideas

Activity: _____

Technical Lesson 1: Review Waterwheel (5 Minutes)

Ask if they remember waterwheel, and how it was different than our other skills. Prompt them to remember the visual of “running around in a hamster wheel”. Have the athletes do 3 repetitions of the skill, come in for corrections based on “key points”, and continue.

For fun, at the end have girls see how fast they can spin, how slow they can spin.

Key points:

- Big “Steps” with feet
- Look up/ shoulders face ceiling
- Turn hips sideways
- Hand position- no sculling!

Note: Be sure to spend some time verbally reviewing layout and waterwheel technique at the beginning of this lesson.

Technical Lesson 2: Front Layout (Teach) (10 Minutes)

Explain to the athletes that front layout is the same as back layout, but lying on your front. Explain that the “hot dog” is now under their chest, and not under their bum. After ONLY these instructions have the girls try performing the skill 3 times off the wall, then come in for corrections. Point out similar corrections to layout when they appear- tight legs, tummy tight, toes pointed, legs together etc. Repeat “3x off the wall + corrections” two more times. Prioritize corrections around the key points below.

Key points:

- Start with head in the water
- Tuck belly in
- Squeeze legs and toes to surface
- Sculling technique/ location

Note: Be sure to start on land, and progress on the wall, then off the wall when training technique. Reinforce athletes along how front layout and back layout are similar, and different.

Technical Game (10 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Note: Be sure to spend some time verbally reviewing layout and waterwheel technique at the beginning of this lesson.

Routine Skills Lesson: Eggbeater and Arm Strokes (20 Minutes)

Review and train eggbeater technique (5 minutes).

Introduce travelling eggbeater (right/ left) and have the athletes attempt this in 5m intervals, repeat 4x correcting when finished. Challenge the athletes to move while balancing something on their head. Give them 3 tries to travel the full distance without dropping the toy. (10 minutes)

Routine Skills- Add travelling eggbeater to routine/ make up new routine (10 minutes)

Wrap Up Talk (5 Minutes)

How is front layout and back layout the same? Different?

What was your favourite activity today?

Coach's Notes:

Attendance:

Starfishies Lesson 7:

Date: _____

Objectives:

Introduce Sailboat, train layout

Introduce Pretzel

Introduce Star 1 routine element

Equipment:

Variety of music choices to play with: fast, slow, happy, sad, angry. Prepare fun pieces for the age group of athletes, not necessarily what is "typical" for synchro.

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

50m Propeller (Train)

Teaching Strategies:

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity:

Technical Lesson 1: Sailboat (Teach) (15 Minutes)

Athletes warm up 3x back layout holds counting 15 sculls on the wall reviewing key points: body dry, core and bum tight, proper sculling technique. Explain the new position and have the athletes try it 3x without giving corrections. After three tries, provide feedback on the core aspects of the position only (squeeze belly, bum, legs, bent leg placement, proper sculling).

Key points:

- Squeeze belly, bum, legs
- Bent leg placement/ thigh straight
- Sculling in proper position
- Head, chest, bottom foot dry

Note: Take time to train layout briefly at the beginning of lesson to review technique. Explain how layout and sailboat are similar.

Technical Lesson 2: Pretzel (Teach) (10 Minutes)

2 minutes (review waterwheel): ask athletes if they remember this skill, and review with them the major focuses from last class. Try 2x waterwheel off the wall. Give corrections on major issues called as noticed. Do not provide corrections after review as the athletes will be moving on to a new skill.

Following review, explain what the leg position in pretzel looks like. If necessary, have the girls climb out to try on land (make it quick so they don't get cold!). Have the athletes perform 3 holds off the wall (no spin, just hold the position), and then come in for corrections focused on key points.

Try 3 more to allow athletes to correct corrections.

Key points:

- Proper leg position
- Shoulders and hips as square as possible
- Belly dry, legs dry
- Proper sculling technique/ location

Note: Briefly review waterwheel verbally at beginning of lesson. Be sure to progress pretzel from land to water to teach leg position. Ask athletes how waterwheel and pretzel are similar and different.

Routine Skills Lesson: Teach Element 2 (20 Minutes)

Star 1 Routine Element: Back crawl (8 cts), back layout (8 cts), tub position (8 cts), 3/4 turn (8+4 cts), tub hold (4 cts), layout (8 cts), foot first scull (8 cts).

Teach routine element to counts. Try to different speeds of music for fun- fast, slow, happy, sad, angry, etc. after trying lots of different ones, they can chose one they like and make up arm strokes, and a figure to it using positions they know. Try to guide THEM through making things up as a group, as opposed to choosing things for them.

Key points: The goal of today is to introduce counts, and get athletes familiar with the choreography, and encourage creative development

Wrap Up Talk (5 Minutes)

Do you like swimming armstrokes, or figures better in our routine? Why?

What is your favourite synchro skill so far?

Coach's Notes:

Attendance:

Starfishies Lesson 8:

Date:

Objectives:

Develop Back Tuck Somersault

Review Sailboat

Add "Routine Element" counts to whole routine, swim full routine on music

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Side Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

50m Paddle scull (teach)

Teaching Strategies:

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warmup Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Back Tuck Somersault (Train) (10 Minutes)

Practice each position: 1) Ask athletes what they will show you (lead them in the right direction), 2) they do 3 position holds for 15 sculls, 3) come into the wall and correct based on key points

Athletes try 2x whole figure, come into wall, try 2x again. Only correct based on what you said about their positions. Goal: positions the same as when you held them before

Key points:

- Show all positions
- Proper sculling under body throughout
- Use tummy muscles to start roll
- Tight body in somersault

Note: Be sure to use progressions or a drill to train the whole figure, since it has already been taught and reviewed! Chose a focus for the figure, and work on improving just that focus.

Technical Game (10 Minutes)

Coach's Choice- make it relevant to figures

Activity: _____

Technical Lesson 2: Sailboat (Review) (10 Minutes)

Perform 3 sailboat holds on the wall for 15 sculls. Correct based on key points

Perform 3 sailboat holds off the wall for 15 sculls. Athlets come in and listen to corrections based on key points, perform 3 more.

Key points:

- Head, chest, bottom foot dry
- Squeeze bully, bum, legs
- Bent leg placement/ thigh straight
- Sculling in proper position

Note: Be sure to do a verbal review with class, asking questions about what everyone remembers!

Routine Skills Lesson: Element 2 (15 Minutes)

Star 1 Routine Element: Back crawl (8 cts), back layout (8 cts), tub position (8 cts), $\frac{3}{4}$ turn (8+4 cts), tub hold (4 cts), layout (8 cts), foot first scull (8 cts).

Teach the element in chunks, and have the athletes try with tapping. At the beginning and end, allow them to come up with a cool way to get from eggbeater- back crawl, and give them 8 “crazy counts” from layout (foot first sculling to end the routine. Try swimming with music at the end. Add it to their routine if you can!

Key Points: Be sure to spend time getting the counts right, and swim on the music if they are ready!

Wrap Up Talk (5 Minutes)

What did we learn today in our back tuck somersault?

What is your favourite synchro game?

Coach's Notes:

Attendance:

Starfishies Lesson 9:

Date:

Objectives:

Train Sailboat, introduce sailboat alternate

Add “Routine Element” counts to whole routine, swim full routine on music

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Side Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

50m Paddle scull (teach)

Teaching Strategies:

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warmup Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Sailboat (Review) (10 Minutes)

Practice 3 sailboats on the wall with a kickboard under shoulders- have athletes focus on pushing down on the kickboard to help get their hips higher. Correct their position first, and watch that sculling is correct throughout.

Practice 3 sailboats off the wall with a kickboard under their bottom foot- athletes think about pushing back on their shoulders as if the kickboard was still there.

Key points:

- Head, chest, bottom foot dry
- Bent leg placement/ thigh straight
- Squeeze bully, bum, legs
- Sculling in proper position

Note: Be sure to use progressions or a drill to train the whole figure, since it has already been taught and reviewed! Chose a focus for the figure, and work on improving just that focus.

Technical Game (10 Minutes)

Coach's Choice (Suggestion: layout leapfrog in sailboat)

Activity: _____

Technical Lesson 2: Sailboat Alternate (Teach) (10 Minutes)

Figure: Layout – R Sailboat – Layout – L Sailboat – Layout

Key points: (as before)

- Head, chest, bottom foot dry
- Bent leg placement/ thigh straight
- Squeeze bully, bum, legs
- Sculling in proper position

Note: Goal is to see proper positions while doing whole figure. Do not correct transitions.

Routine Skills Lesson: Element 2 (15 Minutes)

Star 1 Routine Element: Back crawl (8 cts), back layout (8 cts), tub position (8 cts), $\frac{3}{4}$ turn (8+4 cts), tub hold (4 cts), layout (8 cts), foot first scull (8 cts).

Teach the element in chunks, and have the athletes try with tapping. At the beginning and end, allow them to come up with a cool way to get from eggbeater- back crawl, and give them 8 “crazy counts” from layout (foot first sculling) to end the routine. Try swimming with music at the end. Add it to their routine if you can!

Key Points: Be sure to spend time getting the counts right, and swim on the music if they are ready!

Wrap Up Talk (5 Minutes)

What did we learn today in our back tuck somersault?

What is your favourite synchro game?

Coach’s Notes:

Attendance:

Starfishies Lesson 10

Date:

Objectives:

Review star 1 skills in preparation for star test (next week)

Remember: to pass on the star test, the position must be performed at at least a “4.0”. Should be mostly correct, and recognizable to the tester.

Equipment:

Cups- balance on body in positions

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

If athletes know warm up well, find ways to give athletes a chance to “lead warm up” each class. Rotate which athlete(s) lead each class

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

Practice enough to perfect for testing

Teaching Strategies/ Notes:

2x Unders (Record Everyone’s Breaths)

Note: Depending on Athlete’s abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach’s Choice- see list for ideas

Activity:

Technical Lesson 1: Review Back Tuck Somersault (15 Minutes)

Ask if they remember back tuck somersault, and the positions they do for this figure. Have the athletes do 3 repetitions of layout, correct, 3 repetitions of tub, correct, 3 repetitions of the whole figure, correct. Follow “key points” for corrections

Key points:

- Dry back layout
- Dry knees- toes in tub
- Stay in ball for somersault
- Proper sculling throughout- no scooping!

Note: Be sure to spend some time verbally reviewing focuses before moving on from positions.

Technical Game (10 Minutes)

Challenge the girls in their positions/ figure to balance a cup filled halfway with water on various parts of their body. See who can keep it on the longest, or think of other challenges of your own!

Routine Skills Lesson: Technical Element 1 (20 minutes)

Review counts from when they were previously taught (5 minutes).

Routine Propulsion and Transitions: back layout (8 cts), HF sculling (8 cts), back flutter kick (8 cts), back crawl (8 cts), back layout (8 cts).

Try as a group with tapping, then with music. Add fun choreography before/ after if there is time.

Routine Skills- Add travelling eggbeater to routine/ make up new routine (10 minutes)

Wrap Up Talk (5 Minutes)

What was one correction you remember from back tuck somersault?

What was your favourite activity today?

Coach's Notes:

***take time to check off which skills are "star test ready" and which need work from today*

Attendance:

Starfishies Lesson 11

Date:

Objectives:

Review star 1 skills in preparation for star test (next week)

Remember: to pass on the star test, the position must be performed at at least a “4.0”. Should be mostly correct, and recognizable to the tester.

Equipment:

Cups- balance on body in positions

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

If athletes know warm up well, find ways to give athletes a chance to “lead warm up” each class. Rotate which athlete(s) lead each class

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Breast Stroke

Propulsion skills:

25m HF Scull, 25m FF Scull

Practice enough to perfect for testing

Teaching Strategies/ Notes:

2x Unders (Record Everyone’s Breaths)

Note: Depending on Athlete’s abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (10 Minutes)

Coach’s Choice- see list for ideas

Activity:

Technical Lesson 1: Waterwheel (10 Minutes)

Ask if they remember waterwheel. Have the athletes do 3 repetitions of waterwheel, correct, 3 more repetitions, correct, then 3 repetitions of the whole figure: layout, 1 turn in waterwheel, layout. Follow “key points” for corrections

Key points:

- Big “Steps” with feet
- Look up/ shoulders face ceiling
- Turn hips sideways
- Hand position- no sculling!!

Note: Be sure to spend some time verbally reviewing focuses before moving on from positions.

Technical Game (10 Minutes)

Challenge the girls to do variations of waterwheel: try it upside down, try it on their tummy, try it balancing a cup somewhere creative, get in partners and try a joined waterwheel- make up something fun!

Routine Skills Lesson: Technical Element 2 (20 minutes)

Review counts from when they were previously taught (5 minutes).

Star 1 Routine Element: Back crawl (8 cts), back layout (8 cts), tub position (8 cts), $\frac{3}{4}$ turn (8+4 cts), tub hold (4 cts), layout (8 cts), foot first scull (8 cts).

Try as a group with tapping, then with music. Add fun choreography before/ after if there is time.

Routine Skills- Add travelling eggbeater to routine/ make up new routine (10 minutes)

Wrap Up Talk (5 Minutes)

What was one correction you remember from waterwheel?

What was your favourite activity today?

Coach's Notes:

***take time to check off which skills are "star test ready" and which need work from today*

Attendance:

Starfishies Lesson 12:

Date:

Objectives:

Review all skills for Star Test

Introduce concept of mental rehearsal/ focusing for whole figure

Star test certificates handed out next week

Swim whole routine with presentation/ performance

Equipment:

Star 1 testing page, anything for wrap up game?

Deck Warm Up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm Up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Side Flutter, Head Up Breast Stroke

Propulsion skills:

50m HF Scull

50 m FF Scull

Teaching Strategies:

2x Unders (Record Everyone’s Breaths)

Note: Depending on Athlete’s abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Technical Warm Up (10 Minutes)

Have athletes swim all the skills needed for the Star 1 test (see testing sheet at end of manual). Keep all corrections based around common focuses from classes, and always correct positions before transitions.

Key Points: Overview all Star 1 Skills and allow athletes to “warm up” just like they will the day of the test.

Mini Meet (30 Minutes)

Key Points: Explain to athletes how the Star Test will work, and introduce the idea of “mental rehearsing” corrections. Have them line up on the wall and swim each figure individually. Record general comments for skills “notes” section, and read them to the class afterward for feedback on how they did.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Coach’s Choice- see list for ideas

Activity: _____

Notes:

Wrap Up Talk (5 Minutes)

Who remembers what we can do to get focused before competing a skill in star testing?

What are our goals for tomorrow’s Star Test?

Coach’s Notes:

Introduce travelling eggbeater

Equipment:

Kick boards- one per athlete

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

1) Cardio

10 Jumping Jacks
Knee hugs

2) Dynamic Legs

Leg Kicks
Walking Lunge

Heel to Bum
Hugs

3) Dynamic Arm

Ape Arms

4) Extension

10 Barbie's

Swim Warm-up (10 Minutes)

100m Front Crawl
50m Back Crawl
50m kick: side flutter (L/R)
50m kick: Head Up Breast Stroke

Propulsion skills:

50m HF scull
50m Propeller

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: Sharks and Minnows (or Coach's choice)

Technical Lesson 1: Sailboat (15 Minutes)

Activity 1: Floating sailboat

Athlete tries to do sailboat on the wall without any sculling- push body down/ hips up with back muscles, and squeeze bum to get dry! Try 3x each leg

Athletes try the same off the wall with a kickboard under their bottom foot.

Activity 2: Sailboat with sculling

Try sailboat with sculling on the wall, off the wall with a kickboard, off wall without a kickboard. Use your body the same way you did without sculling!

Key Points

- Tight tummy, bum, and pee muscles
- Push body back
- Legs tight
- Long sculls- spread on your whole hotdog!

Technical Game (10 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Routine Skills Lesson: Travelling Eggbeater (20 Minutes)

Review (5 min): how to move legs in eggbeater- make circles with feet, body sitting back and tall. Have them try in partners with one person swimming their best eggbeater, and the other partner watching. Partner will ONLY correct: legs moving in circles, body tall (yes/ no feedback).

Key Points:

- Keep your tummy tight "Hold and egg in your tummy, don't crush it, but also don't let it fall out the front!
- Sit up nice and tall from the top of your head
- Legs do circles inwards one after another

Lesson (10 min): Travelling eggbeater- ask the girls to try moving sideways in eggbeater for 5 m whatever way they think will work. After they try, explain that moving eggbeater is exactly the same as normal eggbeater, but one leg is a bit higher (kind of like when a dog lifts one leg to pee on a fire hydrant). Practice two more swims of 5m travelling eggbeater

Key Points:

- Keep your egg safe and body tall even when we are moving!
- Legs stay mostly under body even when moving- don't let them slide too far out!
- Legs do proper circles

Routine Skills/ Wrap Up Game (10 Minutes)

Activity: Make a routine

Have athletes chose a “theme” to swim to, and make a fun routine with: travelling eggbeater, horizontal figure with sailboats, tuck and more travelling eggbeater.

Wrap up talk (5 Minutes)

What was your favourite activity we did?

What did you learn about back layouts?

How do we hold our tummy in eggbeater? Does it remind you of how we hold our tummy in layout?

Coach’s Notes:

Attendance:

Starfishies Lesson 14

Date:

Objectives:

Teach paddle scull

Introduce pretzel

Introduce routine skills.

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

Cardio

10 Jumping Jacks

Knee hug

Heel to bum

Walking Lunges

Dynamic Legs

Leg Kicks

Hugs

Dynamic Arm

Ape Arms

Extension

10 Barbie's

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Side flutter (L/R)

50m Kick: Head Up Breast Stroke

Propulsion skills:

50m Propeller

75m Paddle scull- introduce / teach

Teaching Strategies (paddle scull)

Lie on front and pull body with arms. Arms move like you are brushing your bangs down to paddle body.

Explain this analogy, and keep an eye out that girls are moving their hands the right way!

If feet are sinking have athletes squeeze a kickboard in between their feet.

2x Unders (Record Everyone's Breaths)

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Pretzel (15 Minutes)

Activity 1: Review waterwheel (5 minutes)

Ask girls to show you a waterwheel figure off the wall.

Activity 2: Pretzel figure (10 minutes)

Teach them the pretzel position (knees sideways pointed to their left side, left foot on right knee). Have them try the position off the wall. Correct the position, and pull them out of the water if need be to get the leg position correct.

Explain that the pretzel figure is just like waterwheel, but you turn with your hands, not legs. Have them try a pretzel turn

Key Points:

- Legs in proper position
- Body dry- push up on hips!
- Sculling by hips
- Turn in proper direction

Reminder: watch that girls spin in the proper direction -if bent legs were the tip of an arrow, it would point the direction of the turn.

Technical Game (10 Minutes)

Coach's Choice- see list for ideas (try to make it about pretzel)

Activity: _____

Routine Skills Lesson: Routine Element 1 (10 Minutes)

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

<u>Cardio</u>	<u>Dynamic Legs</u>	<u>Dynamic Arm</u>	<u>Extension</u>
10 Jumping Jacks	Leg Kicks	Ape Arms	10 Barbies
	Knee hug	Hugs	
	Heel to bum		
	Walking Lunges		

Swim Warm-up (10 Minutes)

100m Front Crawl	Propulsion skills: (Review) 50-100m
50m Back Crawl	50m: Propeller
50m kick: Side Flutter, Head Up Breast Stroke	50m: Paddle Scull

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity:

Technical Lesson 1: Train Sailboat (15 Minutes)

(Work on sailboat/ sailboat alternate as needed, may vary with skill level)

Try 2x each leg sailboat on, then off the wall with a kickboard under shoulders- this will force them to over-emphasize pushing back on their shoulders. Allow them to try without the kickboard after training with the kickboard

If this is too difficult, try with the kickboard under the bottom foot, or try balancing a cup on their forehead for fun.

Key points:

- Tight tummy, bum, and pee muscles
- Push body back
- Legs tight
- Long sculls- spread on your whole hotdog!

Technical Game (10 Minutes)

Make up their own slow figure with the positions they know

Routine Skills Lesson: Review Star Element #1 (20 Minutes)

Star 2 routine element: head first scull (8 cts), hold back layout (8 cts), pretzel position hold (5 cts), somersault (don't need to return to tub) (5 cts), eggbeater hold (8 cts).

Train with tapping in pattern. Come up with a cool way to get into layout, and review armstrokes from last week.

Key Points:

Introduce basic routines skills: moving to counts, holding a pattern. Teach counts and do skills with tapping.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Notes:

Wrap Up Talk (5 Minutes)

What is different about doing skills in a routine, than on our own? (Key point to reinforce- HOW we do the skill doesn't change, but we have more to think about- patterns, presentation, etc).

What do you want to practice/ learn about more?

Coach's Notes:

Attendance:

Starfishies Lesson 16

Date:

Objectives:

Introduce going upside down!
Introduce routine element 2

Equipment:

Deck Warm-up (15 Minutes)

Warm Up Game

Coach's choice

Activity: _____

Swim Warm-up (10 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Head Up Breast Stroke, Travelling

Eggbeater

Propulsion skills: (Review) 50-100m

Propeller, Paddle Scull

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Technical Lesson 1: Going upside down! (20 Minutes)

10 minutes: bat hangs

hanging legs on the wall, try to touch body back to the wall upside down and hang like a bat.

Try off the wall with a kickboard under legs, or off the coaches arms after

10 minutes: upside down positions:

Try floating upside down without the wall OR anything to hang off of. Try "tabletop" position first, then vertical, then different creative shapes

Key points:

- Body tight
- Eyes on the wall!
- Pull belly button to spine
- Keep arms still

Technical Lesson 2: Front layout (10 Minutes)

Routine Skills Lesson: Star Element #2 (Teach) (20 Minutes)

Propeller (8 cts), sit up and hold eggbeater (8 cts) side flutter (8 cts) front layout (8 cts), breast stroke (8 cts), front layout (8 cts).

Key points:

- Swim positions in routines the same way we swim them during skills lessons
- Keep your legs and arms filled with energy
- Always smile!

Wrap Up Talk (5 Minutes)

How is waterwheel different than tub? How is it the same?

What are 3 important things to think about when doing routines? (see key points)

Coach's Notes:

Attendance:

Starfishies Lesson 17:

Date:

Objectives:
Review skills that need work:
 Head first/ foot first scull
 Somersault
 ...anything else? Check notes
** if somersaults were weak last day, today might be a good day to get in and help the girls!

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (15 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Head Up Breast Stroke

Propulsion skills: (Review) 50-100m

Propeller

**spend 5 extra minutes working on moving layouts today!

If girls struggle try squeezing kickboard in feet

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Train Sailboat Position (15 Minutes)

2x 15 sculls each leg sailboat on the wall: Hold position with kickboard under shoulders- this forces athletes to push their body down and hips up!

2x 15 sculls each leg sailboat off the wall: hold position with kickboard under shoulders AND under bottom foot. If they struggle have them get in partners and help each other get set up with kickboards.

2x15 sculls each leg sailboat off the wall: hold position with only kickboard under shoulders

2x15 sculls each leg sailboat off the wall: no kickboards, look for athletes pushing shoulders down, and hips up.

Key points:

- Tight tummy, bum, and pee muscles
- Push body back
- Legs tight
- Long sculls- Spread on your whole hotdog!
**Under body with proper arm position

Reminder: Always correct positions before transitions. Ensure athletes at this point are showing a proper layout, then a proper tub. Do not emphasize doing slow transitions this lesson.

Technical Lesson 2: Review Table Top (5 Minutes)

3 bat hangs off the wall trying to get each girls back all the way under water.

2 bathangs off the wall with a kickboard under their legs

2 bathangs off the wall with out a kickboard- "table top" position!

Routine Skills Lesson: Review Star Element #2 (10 Minutes)

Propeller (8 cts), sit up and hold eggbeater (8 cts) side flutter (8 cts) front layout (8 cts), breast stroke (8 cts), front layout (8 cts).

Review counts with a land drill. After, have girls swim to counts on their own, then try with music.

Key Points:

Apply basic routines skills: moving to counts, counting music.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Notes:

Wrap Up Talk (5 Minutes)

What is different about doing skills in a routine, than on our own? (Key point to reinforce- HOW we do the skill doesn't change, but we have more to think about- patterns, presentation, etc).

What do you want to practice/ learn about more?

Coach's Notes: ****does anything still need work??****

Attendance:

Starfishies Lesson 18:

Date:

Objectives:

Review skills that need work:

Head first/ foot first scull

Somersault

...anything else? Check notes

**** if somersaults were weak last day, today might be a good day to get in and help the girls!**

Equipment:

Deck Warm-up (15 Minutes)

Athletes perform all dynamic exercises walking back and forth about 5 meters. Extension is done against the wall for balance.

Be sure to ask athletes each week if they remember which exercise comes next!

Cardio

10 Jumping Jacks

Dynamic Legs

Leg Kicks

Knee hug

Heel to bum

Walking Lunges

Dynamic Arm

Ape Arms

Hugs

Extension

10 Barbies

Swim Warm-up (15 Minutes)

100m Front Crawl

50m Back Crawl

50m kick: Back Flutter, Head Up Breast Stroke

Propulsion skills: (Review) 50-100m

Propeller

****spend 5 extra minutes** working on moving layouts today!

If girls struggle try squeezing kickboard in feet

2x Unders (Record Everyone's Breaths)

Note: Depending on Athlete's abilities, use your judgement that whip-kick, and propulsion skills are being trained enough. Ensure that the technique of these skills is trained adequately. Do more lengths if needed.

Warm-up Game (5 Minutes)

Coach's Choice- see list for ideas

Activity: _____

Technical Lesson 1: Train Sailboat Position (15 Minutes)

2x 15 sculls each leg sailboat on the wall: Hold position with kickboard under shoulders- this forces athletes to push their body down and hips up!

2x 15 sculls each leg sailboat off the wall: hold position with kickboard under shoulders AND under bottom foot. If they struggle have them get in partners and help each other get set up with kickboards.

2x15 sculls each leg sailboat off the wall: hold position with only kickboard under shoulders

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Key points:

- Tight tummy, bum, and pee muscles
- Push body back
- Legs tight
- Long sculls- Spread on your whole hotdog!
***Under body with proper arm position*

Reminder: Always correct positions before transitions. Ensure athletes at this point are showing a proper layout, then a proper tub. Do not emphasize doing slow transitions this lesson.

Technical Lesson 2: Review Table Top (5 Minutes)

3 bat hangs off the wall trying to get each girls back all the way under water.

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Routine Skills Lesson: Review Star Element #2 (10 Minutes)

Propeller (8 cts), sit up and hold eggbeater (8 cts) side flutter (8 cts) front layout (8 cts), breast stroke (8 cts), front layout (8 cts).

Review counts with a land drill. After, have girls swim to counts on their own, then try with music.

Key Points:

Apply basic routines skills: moving to counts, counting music.

Routine Skills/ Wrap Up Game (10 Minutes)

Continue with routine count training if athletes are engaged and focused.

Notes: _____

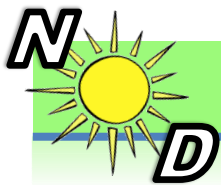
Wrap Up Talk (5 Minutes)

What is different about doing skills in a routine, than on our own? (Key point to reinforce- HOW we do the skill doesn't change, but we have more to think about- patterns, presentation, etc).

What do you want to practice/ learn about more?

Coach's Notes: ****does anything still need work??****

Attendance:



Sunfish

Progress Reports

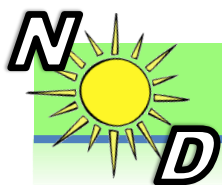
At the end of the season, all athletes are to receive a completed progress report by their coach. These reports help foster a sense of accomplishment in our athletes, provide feedback, and provide a recommendation for registration the following season.

Progress reports are to be sent to the head coach before being handed out at the **end of Provincials.**

Reminders for filling out progress reports:

1. Make sure you spell athlete names correctly!

2. "Team" is to identify program- Starfishies/ Beginner/ Intermediate
3. Skills they have been introduced should be checked "Y", they do not need to be performed well, just something they would know from practice.
4. Give a mark out of 5 for skills: Routine, Figures, Teamwork. Comment should be one thing they are good at, and one thing they can improve in this area.
 - a. "5" for skill they are the best at, "" for any they are less strong at "4", "3" where they need the most work.
5. "Coaches message" should contain a positive note to the athlete, or some sort of congratulations to the athlete for something they accomplished that season. Constructive feedback is not needed here. Be sure to encourage fall maintenance classes.
6. Recommendation: for following summer season



Sunfish

Sunfish Synchro Summer Progress Report

Name of Athlete:

Team:

Name of Coach:

Skills Introduced:

Star 1:

Back Layout	Y/N	Routine Propulsion Set 1	Y/N
Head First Scull	Y/N	Routine Skills Set 1	Y/N
Foot First Scull	Y/N		
Back Flutter Kick	Y/N		
Back Crawl with Variations	Y/N		

Tub Y/N
 Back Tuck Somersault Y/N
 Waterwheel Y/N

Routine: Work on it! 1 2 3 4 5 Awesome!
 Comment: _____

Figures: 1 2 3 4 5
 Comment: _____

Teamwork: 1 2 3 4 5
 Comment: _____

Coach's Message: _____

Recommendation for Next Summer : _____



Sunfish Synchro Summer Progress Report

Name of Athlete:

Team:

Name of Coach:

Skills Introduced:

Star 2:

Front Layout	Y/N	Routine Propulsion Set 2	Y/N
Propellor and Torpedo	Y/N	Routine Skills Set 2	Y/N
Paddle Scull	Y/N		
Side Flutter Kick	Y/N		
Head Up Breast Stroke	Y/N		

