

Derby Phoenix – Teaching Section/Woodlands D Squad

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Teaching Section

The current session of ten swimming lessons finishes next week (12 April 2003). The next session starts after Easter on Saturday 26 April and will run to 28 June. Fees are due in the first week.

The teaching section operates on a series of ten lessons, each payable in advance. As swimmers progress there is an opportunity to swim with D squad; this is from 3:30 to 4:30 on a Saturday and is the initial transition towards the main club and competitive swimming. The fees are set up on an annual joining fee plus monthly subscriptions – there is also the opportunity to swim at other pools and times to increase the overall pool time available. In order to gauge the improvements being made, “time trials” will be held during the last session before Easter. Swimmers should have a spare towel to keep warm between heats.

Summer Events – early warning!

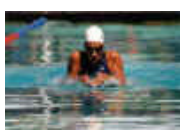


During the summer, from 5 July to 9 August, the Woodlands pool is running an ASA Swimming Teachers course. Hence there will not be any Derby Phoenix SC courses. However, the trainee teachers will need “guinea pig”

swimmers at a mix of abilities. Woodlands will be distributing a form with more details closer to the time and you will be able to register interest. There will be two sessions on the Saturday – 12:00 to 1:30 and 2:30 to 4:00. While there is no charge for the teaching, there is a nominal administration charge of £2 for insurance, etc. One payment will cover all sessions and there is no need to attend all the dates. If you need more information in advance, then please ring Nick Aitken at the school on 01332 551921.

The D squad swimming will not operate for summer although the Teaching Course will need some stronger swimmers.

Swimming Galas



The Derby Phoenix Swimming Club encourages its members to participate in galas. During the summer, the Derbyshire and Nottinghamshire Junior league is

holding its “Diddy league” at various times – the first being Sunday 6 April. To comply with standards and regulations, poolside helpers at the

galas have to be trained. These helpers are usual parents!

During the next session, Derby Phoenix will be running some pool side helper courses at Woodlands. These should not disrupt the normal lessons but will mean that there are more adults around than normal.

What is the National Plan for Teaching Swimming?



Teaching sessions are structured to follow the Amateur Swimming Association (ASA) National Plan for Teaching Swimming. In summary, the NPTS has been developed by the ASA to provide a template for learn to swim schemes. It has been designed to assist qualified teachers whose own experience and training will enhance the implementation of the plan. The NPTS is a comprehensive, integrated, progressive teaching programme based upon sound technical and educational principles and provides a standard reference for those responsible for planning swimming programmes. The NPTS aims to:

- Set a national standard for performance
- Challenge lesson providers to structure the progress of swimmers based on achievement and not organisational convenience
- Develop a wide range of skills - the content of the NPTS prepares swimmers to participate in a variety of different disciplines and in so doing develops a more rounded and more skilful performer.
- Develop high reliability through repetition, revision and consolidation
- Identify the correct standards of skill performance
- Provide assessment against clearly identified outcomes
- Provide a direct link to the ASA Awards Scheme

There are awards that the swimmers can attain – please see Melvin for more details.

Information needed?

For more details on the activities and swim coaching with Derby Phoenix, then please ask Alan Wisdish or see the web site at www.derbyphoenix.com.