



## **Congratulations to Don and Cheryl**

**Turn to Page 2 to discover their achievements!**

**Jordon  
Graduates  
Page 3**

**Cheryl &  
Don's  
Successes  
Page 2**

**More  
Swim Tips  
Pages 4-8**



## CONGRATULATIONS CHERYL—LEVEL 2 COACH



Congratulations to Cheryl Lee who passed her Coaching Level 2 in June and is now officially an independent swim coach. She started the course in November 2018 and was required to attend several face to face meetings in Luton, learning from more experienced coaches that included; Senior Coaches at Ealing Swim Club, The Head Coach of Putteridge Swim Club, Swim England's Para Swimming talent coaches and the Head coach of Amersham Swim Club.

From the course & off course assessments she coached Para Swimmers, County, Regional and National Swimmers. The course involved learning the following; Understanding the legal requirements of coaching, scientific principles of competitive swimming, planning delivery and evaluation of a series of sessions, motivational techniques, learning the various types of training to develop swimmers, effective management in training and competition and physical literacy in swimming. Cheryl 's impressive swimming qualifications are listed below:

Swim Coach

**Level 1 & 2 (inc. Land Training)**

Swim Teacher & Instructor

**Level 1 & 2**

Swim Aqua Adult & Child

**Level 2**

NRASTC Qualified

**Rookie Lifeguard Instructor,**

**CPDs: Disability Swimming, Visually Impaired Swimming, Deaf Friendly Swimming, Competitive Diving, Teaching Turns, Friendly Swimming, Adult Learn to Swim Pathway.**

**Disney Activator Swim Teacher,**

## AND CONGRATULATIONS TO DON

Congratulations also go to Don Lamb who decided that it was time to revisit his Swimming Qualifications and we are delighted to announce that Don has passed his Level One Swim Teaching Qualification.

It was over 40 years ago that Don last qualified as an ASA Advanced Teacher (1978) and a Royal Life Saving Teacher (1976).

Our octogenarian brings a new meaning to 'Senior Swimming Instructor'.

A truly marvelous achievement, well done Don!





## WELL DONE JORDAN

**Congratulations to our Swim Teacher, Jordan Mason who has graduated university with a first class honours degree in physical education and youth sport.**

**Well done Jordan, all that hard work paid off!**



## WE WISH DAVE A SPEEDY RECOVERY!

**Our Club President, Dave Lee, suffered an unfortunate accident while on holiday in County Cork in July. It will be a few months before he is back teaching on a Saturday but he is at home now and is recovering well.**



### **Diary Dates**

**Committee Meeting**

**Wednesday 4th September**

**Turtles Invitation Gala**

**Saturday 14th September**

**Please note there will be no Saturday Swim Session on Saturday 14th September because of the Invitation Gala**

**TURTLES SWIMMING CLUB IS FOR ANYONE WITH A PHYSICAL, MENTAL HEALTH OR LEARNING DIFFICULTY. BASED AT HIGHGROVE POOL, RUISLIP, THE CLUB IS RUN BY A GROUP OF DEDICATED VOLUNTEERS AND MEETS EVERY SATURDAY BETWEEN 5PM AND 6PM.**

### A Good Body Position

Regardless of your ability a horizontal body position in the water is essential for swimming. If you are in a vertical position with only your head just above the water and not a competent swimmer, you are likely to be in trouble. Furthermore, the lifeguards could easily mistake this action for the first stages of drowning.

To encourage a good body position we provide a variety of floatation devices from: Arm Bands, body belts to nugget belts, Velcro leg bands, butterfly floats and aqua floats.

Belts are our more preferable option of floatation device as they lift the hips up high in the water to get you to that horizontal position ready for travel. Furthermore, they free up the limbs to be able to strengthen these and to give you more propulsion to move in the water. In addition, along with arm bands they are the most secure of our floatation devices. Nearly all of our non-swimmers wear belts to start with and see it as part of their swimming costume and routine. This is a good way to ensure they wear safety devices and stay safe in the session. To reduce the reliance on the body belts we have progressed some of our members to the nugget belts where we take a nugget off gradually over time until they have no nuggets and they are swimming independently. To get to this stage they have developed their core strength to hold their body up to a near horizontal position (as possible) for a sustained period and are able to float, kick their legs or pull with their arms (ability permitting). At this point they have probably done a great deal of travel, co-ordination and buoyancy work over several months.

Of course, some of our members are young and until they grow and gain more strength, need adult support in the water. In this article, I've outlined some of the adult and child support holds that we recommend to use. Some of these can also be used with adults. Please note though that none of these buoyancy supports are life saving devices and so should always be closely supervised at all times by a carer / parent.

### Twin Aqua Floats:

This is where you lie on a strap supported by two floatation devices either side of your trunk. To get on to the Twin Aqua Floats you may need someone to hold the floats down under the water for you. These floats have many uses but are particularly useful for members with limited limb movement and also for the start of front crawl development giving the body's core the support needed for buoyancy.



### Travel & Coordination

### Buoyancy & Balance

The Velcro leg bands have had mixed success with our members who have worn them. It is advisable to fit these on the shins and not too close to the ankles or knees. When fitted too close to the joints they can prevent movement and have a tendency to fall off. It is important that you are supported in the water by a helper when wearing Velcro leg bands.



Velcro  
Leg  
Bands:



### Travel & Coordination

### Adult & Child Supports

#### Front Prone Support

- Child is face to face with adult which reassures them and builds water confidence.
- Support from carer/adult is around upper chest with fingers on top and thumbs underneath.
- Depending on age of the child the wrists of the adult can be pressed closer together to support the head more. This support is ideal for children who are unable to support their heads for periods of time.
- A floating toy of any sort can be placed in between the adult and the child to reassure and motivate them.
- Ensure that the child's mouth is above the surface of the water.
- Adult then moves backwards and encourages child to kick their legs (see above).
- Constant praise & encouragement by adult with instructions to kick their legs.





#### Shoulder Support Prone Hold

- Adult faces the child to support from the front.
- Adult lays their arms either underneath the child's body or along the side.
- Adult holds the child's legs between the knees and ankles. Ensuring they are not holding around the knees or ankle joints.
- The child can rest their head on the adult's shoulder.
- This hold ensures the child gets the concept to be horizontal in the water to gain the best body position and to travel. Up until now they have probably been used to walking on land and being vertical. So, for some this can be a challenge to accept the opposite in water.
- The adult can then stimulate the kicking action encouraging a straight leg movement and strengthening the hip muscles.
- Ensure the kick is kept in the water with the feet just breaking the surface.
- Ensure both adult and child are comfortable with this hold in a stationary position before the adult starts to move backwards.
- Always give lots of praise and encouragement.



#### Shoulder Support Hold Back Supine

- Just like the Shoulder Support Prone the adult can place their arms alongside the child's body and stimulate a straight leg kick action from the hips under the water. Ensure once again that the hands are not too near the knee or ankle joints.
- As the child becomes more confident the adult can move their hands further up to give the child independence to move their legs on their own.
- To motivate the child to kick place a floating toy near their feet and travel forwards to kick the object across the pool.
- As the child becomes more confident, start to lower their body into the water and let their head be supported by the water with them looking up at the ceiling but still kicking.



Cheek to Cheek Prone Hold



- **Adult holds child from behind under the shoulders. This leaves the child's arms free to strike an object (fundamental movement skill) or reach out for a toy (helping with streamlining in the water). This encourages the arm movement for front crawl practices.**
- **The adult may want to crouch down more and place their cheek next to the child's to help build confidence. Once the child is confident the adult can move away to give the child independence. Just like the picture above.**
- **Adult needs to ensure that the child's mouth is above the water if they are unable to hold their head up for long periods of time.**
- **Adult to give lots of praise and encouragement and ask them to kick and reach out for the toy at the same time. To begin with you may find they do one or the other until they can grasp the co-ordination of both.**
- **The Adult could incorporate this into a game for the child for example a treasure hunt to find all the floating toys or simply move the toys from one side of the pool to the other. E.g. The toys are moving house or going on holiday.**



Cheek to Cheek Hold Back Supine

- Adult supports the child from the side.
- Supporting around the upper chest with fingers on top & thumbs underneath.
- The adult is cheek-to-cheek with the child, providing close support.
- For reassurance the child can hold one of our aqua splash mirrors to see themselves and see the adult holding and talking to them from behind.
- With this hold we would encourage you to walk forwards first as the direction of travel
- Once the child becomes more confident encourage them to lean further back and let the water support their head. The mirror can still be used to ensure they look up to the ceiling at themselves.
- Encourage the child to kick.



**Obviously, the advice that I offer in these articles is only general advice.**

**Please do not hesitate to ask one of the Turtles Swim Teachers if you need any help!**



Waitrose



ASDA

***THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES***

**Eastcote Methodist Church**

**Ruislip Combined Charity**



**Secretary:  
Andy Wallis**

**Chair:  
Alison  
Grey**

**Chief Instructor:  
Cheryl Lee**

**GALA TEAM MANAGER—DAVE LEE**

**GALA TEAM CAPTAIN—SOPHIE GREY**

**CLUB PRESIDENT—DAVE LEE**

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