

We are doing informal research for an article in both JOPERD and STRATEGIES (our professional journals) and are presenting this information at the national level, thus the reason for this letter. We would like to elicit your assistance, well really, your child's assistance, in determining if our presumptions regarding skill acquisition can be obtained via land training, at different levels.

Our thoughts are:

1. If a student learns a new skill on land via a physio ball (or land training) prior to a water experience, will that skill transfer in whole, in part, or will it need to be re-taught?
2. If a student needs to work on a specific skill, i.e. whip kick, will repetition on a physio ball (or land training) assist in correcting the skill and will it transfer to the skill in water?
3. Will physio ball training (or land training) assist students with retention of skills previously learned during extended breaks from practice sessions (i.e. more than 2 weeks)?
4. Will supplemental physio ball training (or land training) assist students with retention and skill development between practice sessions when on a regular weekly schedule (i.e. class is on Wednesday, land training done on Saturday/Sunday)?
5. If using physio ball training (or land training) with beginning students, will it assist them to learn strokes more efficiently and faster?
6. Will students' skills be disjointed if they learn initially on a physio ball (or land training) with a part-part-whole approach while the whole piece being done in the water at a later time?

Skills to consider would include, but not limited to: back float; breathing pattern for front crawl and breast stroke; various kicks (flutter, whip); fundamental movements patterns of various swimming strokes (arm strokes/patterns); body awareness/balance; and Core strength, the feel of the slight roll of shoulders on back freestyle.

What we would like to do is have your child participate by learning various drills/skills on a physio ball using our skill/cue cards, and practice at home with you midway between class meetings. You would need a physio ball and the ring to hold it in place. We will provide you with skill cards and/or instructional sheets with cues. This would be outside of their regular swimming session so they would not lose any time in the water or from their lessons. We will want to take photos and videos of the process as well (no names will be used to protect your child and we will only use these for professional purposes).

Your child has been targeted as a good candidate for this informal examination of alternative training methods and are hopeful you will be able to participate. If you have any questions, please let us know. We look forward to working with you and your child.

Mahalo Nui,

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