

We are hoping you have been able to do two weeks of the beginning land training, however if you have not, no worries, you can always start today! =)

Remember you should participate in each of the land training drills

- a. Once per week, however you are more than welcome to do it more often, just be sure to log the number of days per week.
- b. Each drill should be performed only for a few minutes with the total for all drills to last no more than 15 minutes.

We have found that the regular sized Physio Ball is just too big for most of the children; we have found a 6" ball at Sports Authority that seems to be the right size for the children. The thicker rubber balls, like playground balls, and the plastic/rubbery balls seem to also work just fine. To keep the ball in place, the ring is great but if you don't have one, you can hold the ball for your child or you can make-shift something that will stabilize the ball.

If you have not started yet, do not fret, you can start now. If you need some assistance with the first skills let us know and we can work something out. To review the skills only takes a few moments so 10-15 minutes before your class should be fine. We will have both the 6" ball and the plastic/rubbery ball with us, so please feel free to use the balls before/after your lesson for practice, or to verify the skill is being practiced correctly.

For those who have been keeping a log (with the number of practice sessions; number of minutes practiced; and skill practiced) please send them to us via email this week (for the last two weeks). If you have not kept a log, if you could start doing that, that would be great. Remember the more you write, the more it will help us determine if land training will be an effective practice to integrate in our program. Additional things to include could consist of any observations you have made within the training sessions, the swimming lessons, and any transference between the two. *This does not need to be a huge, big deal, even a couple of notes or key words would be useful information for us.

I am very excited do this "research" and see the results. Thank you so much for participating! =)

Kelly

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