

This letter will hopefully answer your questions regarding the land training “research” we are conducting with your swimmer.

Here are some of the questions with answers:

1. How much time will this training take away from swimming lessons?
  - a. None, the training shall be done at home away from lessons.
2. How much time will we need to carve out of our weekly schedule to participate?
  - a. Once per week is the goal, however you are more than welcome to do it more often, just be sure to let us know how many days total.
  - b. It will depend upon each child, what level they are, and the skill we are working on, however I would think it would range anywhere from a few minutes to no more than 15 minutes.
3. Physio Ball:
  - a. It is the same thing as a Pilates ball, exercise ball, or physical therapy ball.
  - b. We checked out the thicker rubber balls, like playground balls, and think they would work for this as well.
  - c. The Ring could be anything you have that will keep the ball from rolling around; helps the ball to be stabilized. Possibly an extra small hula hoop, or rolled beach towel could work.
  - d. The size would depend upon your child and their skill level. We looked at the 6” ball and it is quite small, however may work for the smaller children (at least for now anyway). The 55cm balls are too large for most of the children. 16”-22” is the approximate size for the majority of the children. We cannot find this size on-island, hence the idea of the rubber ball.
  - e. We cannot supply you with this equipment, and please do not feel you must purchase all this equipment. If you have it, great; if you don’t and it is not in the budget right now, that is fine too; if you’d like to purchase it, by all means do. Many of the skills can be modified to be done on other things, i.e. end of the bed, top of the back of the sofa, or on the edge of a bench.
4. Will there be any learning sessions besides the skill/cue cards?
  - a. We could set some time aside for the initial learning session to have the opportunity to figure out how to balance on the ball; get the hang of what or how to perform a skill; and feel more confident with what we are doing.
  - b. If interested, contact us so we can find a common time.

- c. *Once the initial introductions are completed, we would like to check in periodically with your swimmer to see how it is going, review the log sheets, and review the skill/cue cards for the upcoming week.*
  - d. *We would like you to bring your ball and ring (or whatever you will be using) with you since we do not have these items.*
5. *How will we know what skill to practice and how to do it?*
  - a. *We will provide you with an electronic cue/skill card for the skills to be practiced.*
  - b. *We will demonstrate the skill at your “training” session and then have you practice it with your child to ensure you know how to practice; if you so desire.*
  - c. *The skills should be in-line with what the children are learning in their lesson.*
6. *What if I have a sibling with me?*
  - a. *The more the merrier! Please feel free to have the other children attend with you; they can even practice too!*
7. *Do we have to do the training sessions with you for the mid-week training session?*
  - a. *No, the idea is for you to practice with your child when away from swimming lessons.*
  - b. *We are hoping it will help reinforce the skills when you are not at swimming lessons, i.e. vacations, poor weather, sickness, etc.*
  - c. *If you would like to practice with us, we are more than happy to have you come to the pool during the 15 minutes between classes.*
8. *What about the videos and photos?*
  - a. *The idea is to take video and photos before, during, and at the end (is there ever an end...???) so we can see the progress made by your child.*
  - b. *We will not use your child’s name on the photos or the videos.*
  - c. *We are planning on using them for professional conventions, conferences, and seminars with other educators; along with submitting the photos with the articles.*
  - d. *We may want to post them on our website for training purposes only.*
  - e. *We will NOT sell them to any other entity or person.*
  - f. *If another educational website would like to use them, we will contact you prior to allowing them to do so.*
9. *How long will this last?*
  - a. *We are thinking it would be good to do over an entire session to see if it makes a difference in their skill acquisition.*

- b. If it is successful, you (and we) may want to add the training in to our regular schedule.
  - c. If we determine we are on the cusp and need a little longer, we will ask you if you can continue for an additional period of time.
10. What is our responsibility as a parent?
- a. First is ensuring your child has the opportunity to practice the skills by setting up a day and time (at home) and providing reasonable equipment to utilize.
  - b. Keep the log sheet (with the number of practice sessions; number of minutes practiced; and skill practiced).
  - c. It would be great if you could write down 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 hoping that I answered all your questions, however please feel free to ask more questions as they arise.

I am excited to work with you to do this “research” and am looking forward to seeing the results. Thank you so much for participating.

Kelly

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