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Kick, Stroke, and Swim: Engaging the Whole Body in and out of H2o!

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The intent of this presentation is to offer a unique teaching tool for educators from traditional aquatic programs, learn to swim programs, community programs, athletic teams and virtual education. The teaching tool can be used to engage students in swimming skill acquisition and fitness training utilizing a variety of modalities, strategies, and techniques on dry-land. The Kick, Stroke, Swim (KSS) program is designed to be used by educators before, during, and after direct instruction; used to complement the water experience for skill refinement/retention; or used as an alternative for those who do not have access to a pool or other water element.

There is limited information in the literature that provides strategies to practice swim strokes and techniques on land, giving all levels of swimmers—from beginner to advanced/competitive—a kinesthetic awareness of the individual components of each stroke that will enhance skill development and/or refinement. This program may assist with assessing the fundamental techniques of each skill component; may be used with peer assessments; and may be a good tool to use to demonstrate proper technique for parental assistance. The presentation will provide techniques, strategies and ideas for educators and Learn-to-Swim instructors that will help them engage swimmers at all levels.

The swimming stroke executed on a variety of equipment such as a physio-ball, playground ball, therapy roller, therapy half-roller, BOSE ball, can address swimmers at different skill levels. Practicing these skills and techniques on the pool deck, any other land-based space, during physical education class, or at home, may assist students with retention, and skill development. In addition, KSS training may enhance stroke acquisition and improvement in student's overall fitness. Furthermore, KSS land training could offer students an opportunity to build a confident skill base before entering the pool.

Examples of skills performed on the balls.

Stroke development/skill acquisition

Below are examples showcasing components of different skills.



Front Crawl

Step One (1):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be facing down; eyes look forward and down.
- One (1) arm: extends, straightening; finger tips first.



Breast Stroke

Step Two (2):

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Head in neutral; face should be looking down.
- Arms: “scoop the ice cream (from your armpits)”; turn palms slightly out; draw a line from streamline position to armpits with thumbs; elbows begin to bend.



Elementary Backstroke

Step Five (5):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Squeeze (snap) them down against your sides.
- Cue: "Soldier".

Video demonstration of Swimming Sequences are available on the You Tube channel titled: SuzRockThisParty.

<http://www.youtube.com/watch?v=sl2Q8aF2rXY>

<http://www.youtube.com/watch?v=mmoBd0K-xRY>

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