



Guidelines for **Synchro Coaches** to teach AquaSquirts.

The AquaSquirts program is a complete 9-12 week program that you can teach to beginning synchro swimmers. *Detailed lesson plans* are included in the Instructor's Guide including stretches, warmups, lots of 'teaching tips' and windup activities.

There are some key points you need to be aware of before using this program. Following the philosophy of the AquaSquirts program will increase the enjoyment of your participants and it's successful implementation.

What's the Philosophy?

AquaSquirts is based on the belief that swimmers learn best through PLAY. Learning through play creates an atmosphere that fosters confidence and relaxation, allowing swimmers to participate in an enjoyable, successful swim.

Turn to page pages iii & iv **All about AquaSquirts** in the Instructors Guide. Read through the Questions and Answers.

KEY POINTS-----

AquaSquirts is: Play-based Water Orientation

Why would I want to teach this in my synchro club?

- Great introduction to skills through ‘play’.
- Coaches and Swimmers learn to have fun in the water- provides a great start point for future enjoyment.
- Use of imaginative themes fosters creativity.
- Great transitional program for beginning swimmers.
- Ready-made lessons are user friendly for Coaches.



AquaSquirts is NOT: a ‘synchro’ class.

Do not use synchro terms for the positions- it’s not a layout, it’s a raft! When it’s time to move on and the swimmers want to try a synchro class they will be able to make the transition and learn the ‘official’ titles for the skills at that time.

Turn to page pages v & vi **All about Teaching AquaSquirts** in the Instructors Guide. Checkout the session themes listed. *General Teaching tips* section on page vi is the main section with tips you need to know.

KEY POINTS-----

- Be prepared- even though there are preplanned lessons do not try to teach straight from the book!
 - Keep the swimmers active- if your pool is cold, add activities; if they’ve had enough of one skill, move on.
 - Be creative- the more you use imaginative words and images the better.
-

Turn to pages 17 & 23 in the Instructors Guide. Page 17 is the regular AquaSquirts lesson. Page 23 is the 'synchro specific' lesson 7. If you are looking to offer a more synchro type session you can either replace the final 3 lessons starting at page 17 with the three starting page 23 OR add them on after to have a total of 12 lessons.

KEY POINTS-----

Synchro Coaches.

You must be prepared to teach this class from in the water!! There are times that it is appropriate to be on deck while an activity is happening (so you can see participants better, turning on music, etc.) But you need to be able to get in quickly to give a hand to a swimmer as well. Plan to be in the water for at least the first 6 lessons!

AquaSquirts is a great way for both Swimmers and Coaches to have a lot of fun. It can allow Swimmers to develop water skills that will carry over into other sporting endeavors, including Synchronized Swimming.

Parts of AquaSquirts could be used to increase the 'fun factor' for Introductory Athletes either competing in Tiers 1-3 or completing Stars 1-8. It's possible to Play-To-Learn for many skills, and this is a great place to start.

We hope you enjoy teaching AquaSquirts, and look for it's followup program coming soon- AquaSquirts Too!

Teaching Tip

Using 'prepared lesson plans' still takes some preparation on your part.

Make a 'cheat list' of the skills that you are going to do, print or type it out BIG and slip into a page protector (or write it on a board you can easily see). Prop your list up against a flutter board a refer to it instead of your Instructor Guide as you teach to keep the class moving quicker and more fluidly. (Especially important if you are in the water so you don't have to keep getting in and out to look at your guide.)

