

LorraineLee
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Supporting Adolescent Swimmers

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Energise
Me

Locks Heath Swim School

Equipping Your Child to Succeed In and Out of the Pool

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Session Plan

- What are the Benefits of Being Involved in Swimming?
- Developing Open Communication
- Open Communication - Discussion
- Encouragement vs Pressure
- Balancing Swimming & Studying
- Having a Swimmers Voice

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Benefits of Swimming

Teamwork
Uses time
Provides focus

Friendship
Sense of achievement
Coaching

Training
Make Progress
Travel
Releases energy
Learn new skills

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Open Communication

Listening

Allowing

Deciding

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Encouragement

Helps swimmers focus on their personal progress

Helps swimmers see their own gains as the main gains!

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Pressure

Pressure **unsettles emotions** and makes it hard for the brain to think about how to deliver good technique.

vs.

Encouragement

Encouragement **settles emotions** and frees up brain resources to focus on delivering good technique.

Swimmers - share what makes you feel pressing (in and out of the pool)?

DISCUSS

and what makes you feel positive and encouraged (in and out of the pool)?

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Balancing Swimming & Studying

Your brain loves variety.

Learning, relating, relaxing and studying are important parts of the jigsaw puzzle.

At peak study times - planning ahead is the critical factor.

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Your voice matters!

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Having a Swimmer's Voice

Being able to politely speak up for yourself.

Do you feel able to...

Set personal boundaries with friends if needed?

Let someone know if you are ever in a situation that makes you feel uncomfortable?

Let someone know if you are worried about a friend or teammate?

Can you suggest new ideas if you have them? Being part of the club means you are likely to have ideas!

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