

NEWSLETTER OCTOBER-DECEMBER 2008



MARSDEN SWIM SCHOOL

TEACHING & PARENTING STYLES (JANE MARSDEN)

According to *Swim Tips* (July/August 2008), there are three types of teaching (and parenting) styles which have a big impact on how children learn: Authoritarian, Permissive and Authoritative. Let's talk about Authoritarian teachers and parents here. They usually have lots of rules, harsh punishment, unrealistic expectations, stern faces and don't encourage laughter. If you look at the photograph of Ariana and Oliver with their parents, this is unlikely to be an authoritarian swim class!

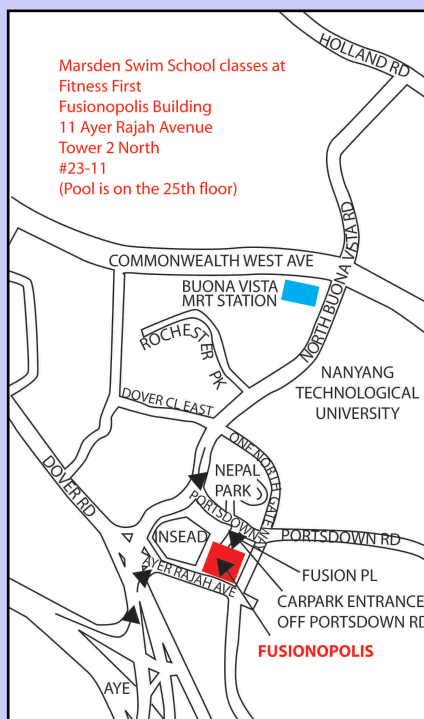


Students of an authoritarian swim teacher might be asked to swim extra laps for "bad" behaviour or for not trying hard enough. There will be few games or relaxation time. Instead of motivating their students by praise and encouragement (e.g. "Great kicking, Isaac!"), authoritarian teachers motivate by fear or harsh criticism ("What's wrong with you?") The teacher will seldom adapt to the individual needs and temperaments of their students.

While students and children of authoritarian adults probably behave, they may not have a good understanding of why they are doing certain things. Even more troubling, they might want to avoid anything that they are not sure they will do well at. They might feel they must perform up to a particular standard in order to be worthy in their teacher's or parent's eyes. Their confidence and self-esteem may be damaged by this teaching style.

Each teacher and parent tends to have different levels of permissiveness (where the children have too much say), authoritarianism (where the children have no say) and authoritativeness (where there is a balance). Often this is based on whether they feel the child's performance reflects their own worth or how they were raised. At Marsden Swim School we encourage authoritative teaching, which will be discussed in our next newsletter.

SKY-HIGH ADULT SQUAD & CHILDREN'S CLASSES AT FITNESS FIRST! (JANE MARSDEN)



Come join our adult squad training sessions at Fitness First's 25m roof-top swimming pool on the 25th floor of Tower 2 of the Fusionopolis building at Buona Vista (see map). These fun, friendly hour-long sessions are ideal if you are interested in swimming to keep or get fit, or more technical training for competitive sports such as triathlons. Choose from early morning, mid-morning or evening sessions nine times a week. Fitness First members' fee is only \$20 per hour-long session; non-members' fee is \$30 per session.

Saturday morning children's swimming classes at Fitness First are currently held from 9am to 12 noon at the usual Marsden Swim School fee of \$25 per child per half-hour class. These AUSTSWIM-standard classes focus on water safety and familiarisation, as well as stroke development.

An ideal family venue, Fusionopolis features a Cold Storage and Food Court, ample basement carparking (drive into Fusion Place off Portsdown Road) as well as the One-North MRT station (under construction).

TERM 4 DATES

Holland Road:
October 6-December 13 (except October 28 and December 8 and also Jane's classes on October 11)

Turf City:
October 6-December 14 (except October 28 and December 8)

After-school classes at AISS:
October 13-December 11 (except October 27 and 28 and December 8)

Children's Squad at Queenstown and AISS:
October 12-December 14 (except October 28 and December 8)

Adults' Squad at Fitness First:
October 13-December 13 (except October 28 and December 8)

Children's Saturday Morning Classes at Fitness First:
October 18-December 13

Children's Sunday Classes at AISS:
October 12-December 14 (except Jason's classes on October 12 and Marc's afternoon classes on November 30)

Please call Jane on 9621 9965 or the office on 6473 8353 or email us at swim@marsdenswimschool.com for further details on classes at this stunning, award-winning club.

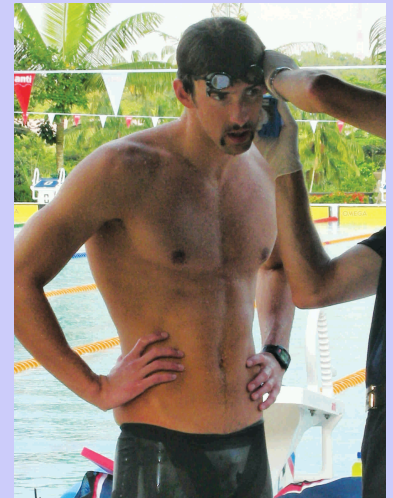
PLEASE REMEMBER: ONLY TWO MAKE-UPS PER TERM!

OLYMPIC TEAM VISITS (PAULA STONE)

One of Term 3's highlights was visiting the American and Danish Olympic Swim teams while they were training in Singapore on their stopover to China for the Olympic Games. For those who were able to attend it was a once-in-a-lifetime experience to be able to meet and see these swimmers at their peak.

The first team we visited was the Danish Olympic Swim Team which is currently being coached by Australian Mark Regan, who was the head coach at the Australian Institute of Sports until late 2002. We were fortunate to have their team manager talk to us about each of their swimmers competing at the Olympics and what their hopes and expectations were. For those who may not know one of the most successful Danish swimmers from the team, Lotte Friis, picked up a bronze medal in the women's 800m freestyle event.

The second team we saw in action was the American Olympic Swim Team. Everyone would have heard about their success in Beijing, none more so than Michael Phelps with a world-record eight Olympic gold medals, surpassing the great Mark Spitz record of seven Olympic gold medals at one Olympic Games.



Michael Phelps (eight Olympic gold medalist in Beijing) has his lactate levels tested at the Singapore Island Country Club.



Matt Grevers (men's 4x100m medley and freestyle relay and 100m backstroke) and the Mulhearn brothers from Marsden Swim Squad.



Larsen Jenson (men's 1,500m freestyle and 400m freestyle) and Marsden Swim Squad members.

COMPETITIVE SWIMS & MEETS (PAULA STONE)

Our Christmas Carnival will be held from 4pm to 6pm on November 29 at the Australian International School pool; please email us if your child wishes to join this friendly fun meet. For more competitive swimmers, the All Nations Cup featuring teams from Asia and Australia, will be on November 1 and 2 (entries closed at the end of Term 3). Half a dozen of our swimmers competed in the Singapore Open Water Swim on October 4 at East Coast Park — well done!

FREESTYLE ARM STROKE (PAULA STONE)

The pathway of the arm in freestyle is an important part of the propulsive action. Swimmers with a poor pathway will risk poor catch and therefore poor propulsion. The pathway of the arm in freestyle is similar to a question mark with a tail. The stroke consists of three sculling movements:

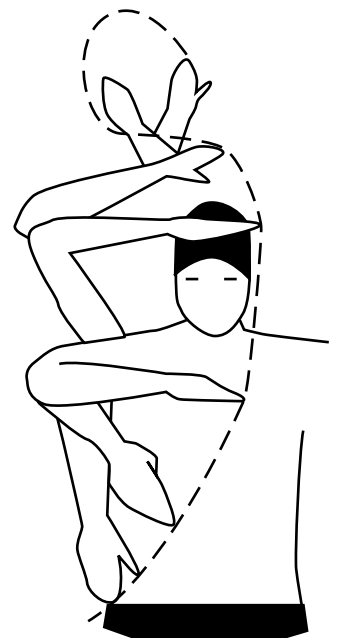
Upper Scull: A slight outwards movement to get the elbow up, using the laterals and pectorals.

Middle Scull: An inwards movement towards the midline of the body, using the laterals and pectorals.

Lower Scull: An outwards and backwards scull out past the hips, using the triceps, and a release.

Tip: The closer the swimmer works their arms to their body, the more power and efficiency they create, and the harder the pull will be.

STROKE PATTERN



The S-shaped pathway of the freestyle arm, courtesy of *The New Wave*.

PLEASE MAKE ALL CHEQUES PAYABLE TO C LICENCE PTE LTD

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