

Learn to Swim and Dive Competitively – 7th and 8th Grade Girls and Boys

Mission Statement:

The intent of the program will be to teach the participants the basics of competitive Swimming/Diving. The program needs are designed to teach the four basic strokes that are swum at the high school level. This program is under the direction of the West High School swim coach, Virgil Haley and assistant coach, Evan Shanley.

Outline of the things to be taught:

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|---|----------------------------|
| 1. Stroke mechanics | 1. Diving |
| a. Freestyle | a. Front Approach and Jump |
| b. Backstroke | b. Back Approach and Jump |
| c. Butterfly | c. Front Dive |
| d. Breaststroke | d. Back Dive |
| 2. Turns | e. Sommersault |
| 3. Starts | |
| 4. Design activities to meet the needs of the swimmer | |

Where: Central Intermediate Pool – 4:00 to 5:00 (7th and 8th) girls
5:00 to 6:00 (7th and 8th) Diving Girls only
Monday, Tuesday, and Thursday
West High Pool – 4:30 to 5:30 (7th and 8th) Boys'

When: Week 1 – February 23 - (M, &T) *Boys Swimming Banquet for High School
Week 2 – March 2 - (M, T, &TH)
Week 3 – March 9 – (M, T, &TH)

Cost \$8.00 – Payable to West High School Swimming – Swimming or Diving
Cost \$12.00 - Both Sessions

Name _____ School _____

Address _____ Zip _____ Phone _____

Parent/Guardian _____ Grade _____ Gender **M** **F**

Future High School Attendance Area: **West** **East** **Columbus**

Send: Virgil Haley
4113 Horseshoe Dr.
Cedar Falls, Iowa 50613

Questions: Call 266-8368 and please leave a message and phone number.