



# How To Swim . . .

*What We Want Your Child To Look Like*

*LFSC Annual Meeting  
November 2010*

## *Developing Talent In Young People*

*~~ Benjamin S. Bloom, 1985*

*“. . . the child's developing ties to his or her parents are the most important factor in the acquisition of values and attitudes conducive to a later ability to learn.”*

*“. . . [see] a link between physical fitness and positive thinking . . . a tie between competitive sports and character and integrity.”*

# *The Role of Deliberate Practice*

*~~ Dr. K. Anders Ericsson, 2006*

- . . . every expert in every field is the result of around ten thousand hours of committed practice . . . Deliberate practice.*
- . . . practice has no privilege. It doesn't care who you are; it only cares about what you do.*
- . . . skills grow with repetition.*

# *Mindset: The New Psychology of Success*

~~ Dr. Carol Dweck, 2006

- . . . praise effort, be honest, value success.*
- . . . motivation does not increase with increased levels of praise but often dips.*
- . . . effort based language works because it speaks directly to the core of the learning experience.*



*Floating, Kicking, Breathing, Arms*  
~~ LFSC Teaching Principles

*Floating . . . fundamental body position  
for all strokes.*

*Kicking . . . aligns the body.*

*Breathing . . . aligns the body*

*Arms . . . provide power and  
propulsion.*



## Myth Busting

~~ LFSC Teaching Caveats

- . . . information is easy to find, difficult to interpret and use*
- . . . rotation and roll are over-rated*
- . . . the gurus often aren't*
- . . . the fast kid isn't always fast*
- . . . competition doesn't matter*



## *The Value of Competition*

- . . . brings out the best in children*
- . . . gives focus to energy*
- . . . provides worthwhile goals*
- . . . teaches the value of hard work,  
discipline, organization*



**This Is Not A Myth!!!**

*work works and  
hard work really  
works*

The Finish!!!

