



News For Swim ParentS

Why has my child NOT yet been promoted?

Concern: My child has been in the same group for quite some time. Is this a sign that he is not making progress? Should he not be in a higher group to be pushed?

Response: Firstly, it is important to note a lack of promotion, even over an extended period, does not mean a lack of progress. In fact, a swimmer will make progress only if he/she is in the CORRECT group, one with children of a similar level of ability.

An important principle in age group coaching is known as 'Slow-Interval Swimming,' which consists of relatively slow correct stroke patterns which are then implemented onto the brain as habits, and then we gradually increase speed as the stroke technique improves, even within the same group. Such 'slower' swimming facilitates stroke correction, whereas swimming faster may serve only to re-enforce faults, mistakes and bad habits.

Stroke faults are hidden at higher speeds but magnified at slower speeds enabling early detection and correction by the Coach. If a swimmer is in too high a group, such a child will constantly be under pressure to keep up, leading to high-speed swimming where stroke faults will be hidden to the swimmer and even the Coach. Water is elastic. In other words, the harder a swimmer pushes against the water, the harder it pushes back. This causes a swimmer to over-compensate by executing the wrong movement and the more he does so, the more incorrect technique becomes the habit. The majority of faults we correct on a daily basis have come as a result of "practiced" mistakes.

Secondly, remember that at DMSS we do not want just a quick result, but rather 'long-term success'. To illustrate, consider construction of a house. If you were to

rush the foundation, and quickly move onto the finishing touches, you may get a faster initial result, but in a short space of time you will see the folly of such impatience. This can be seen easily in swimmers, who join us from other swim programmes where they were quickly rushed into higher groups. Even if they are relatively strong now, if we do not re-set the foundation, in a short space of time we see the 'cracks.' For this reason, we assess them by looking at gaps in the foundation, and determine which group will best address the foundation that should have been given more correctly.

So, what if you have a concern that your child should be promoted. You are welcome to ask us, and we will always honour your concern by looking at your child again, and giving you honest feedback. If your child has become despondent because of being in the same group for some time (bear in mind children measure 'too long' by when their friends get promoted), we will usually suggest to the child a different gauge of progress, one within their group. You play a critical role here, by speaking 'up' the programme and instilling confidence of what we are doing in the mind of your child.

Remember, we have the best interests of each swimmer at DMSS, and always keep that strongly in mind when determining the best group for your child. This philosophy has been integral for our success at DMSS!

Yours in swimming
D Morton

COMMUNICATION AT DMSS !

We sent out regular communication to our Swim Parents VIA our Online Booking system - emails and SMS text messages. Important announcements are emailed most Mondays and SMS text messages on an ad hoc basis. If you are registered in swim classes with us and want to receive these important emails and text messages - follow these instructions:

TO RECEIVE EMAILS & SMS TEXT MESSAGES

- Click on the below tab to access your Portal & click 'Already a customer' - your log in is your email address you first used
- Go to the My Contacts tab
- Provide a primary email address & a secondary email address (secondary could be a personal email since some office servers reject our mails as spam due to a high recipient volume)
- Edit your cell number with Botswana country code (i.e + 267 7XXXXXXX)
- Tick the Box 'Receive Text Message Notifications' - you will not be charged for

this service

NOTE: Regularly check your portal for news & announcements - update your details when ever you have a change

[Click me - To Register or Access the Parent Portal](#)



CONGRATS TO ALL OUR SWIMMERS IN THE BOTSWANA CANA TEAM TO ZIMBABWE - EXCELLENT RESULTS - SPECIAL WELL DONE TO:

- **JAMES FREEMAN WITH 6 GOLDS & THE VICTOR AWARD & TWO CHAMPIONSHIP RECORDS,**
- **MICHELLE JACK WITH ONE BRONZE,**
- **MAXINE EGNAR WITH TWO SILVERS & ONE BRONZE,**
- **ANDILE BEKKER WITH ONE BRONZE! EXCELLENT**
- **PB'S FROM ALL OF OUR SWIMMERS!**



FOR FURTHER INFORMATION OR QUERIES:

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