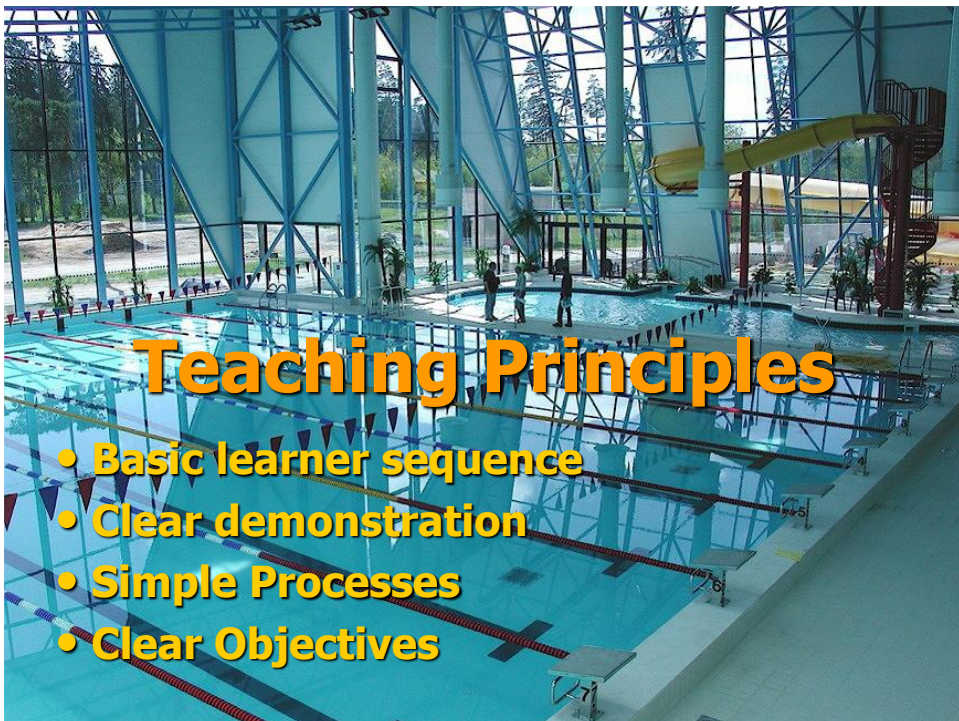


The International Language of Swimming

Kirk Marks



Teaching Principles

- Basic learner sequence
- Clear demonstration
- Simple Processes
- Clear Objectives

Basic Learner Sequence

- Submerge Face and Body – Breathe Control
- Develop a Glide from a push – no floating
- Develop a Kicking Action
- Develop a Stroke Action – Mobility is the Key
- Introduce Breathing and Sequencing

Some Simple Hints

- Something to go home with - homework
- Hand Positions and Control
- Breathing Control and Sequencing

The Process

- Minimal Language
- Simple but effective communication
- Do not allow the learner to progress without learning the skills
- Test and Re Test the skills independently
- So the actual Language used is Minimal yet effective.







The End

Thank You
Kirk Marks

For further information
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