

SOPHOMORE SWIM STUDY GUIDE #2

Every year approximately **5,000** people drowned in the United States alone. Of those 5,000, over half of them never planned on entering the water. When someone is near safety and cannot swim, the most effective way to help is to perform an **extension assist**. You can use anything to perform this assist including **arms, legs, a towel, shirt, banner, stick, pole, backstroke flags**, or any item that can be extended to the victim. The most effective device for making an extension assist is a **shepherd's crook**. The most effective device for making a throwing assist is a **ring buoy**. Both of these are required safety devices for all publicly attended swimming facilities. The number one rule in aquatic safety is **"Save yourself first"**.

When using a shepherd's crook: Lower the curved end into the water; gently push that end into the victim's gut; once the victim has grabbed the crook, place your weight on your back foot, and slowly pull them in hand over hand to safety.

When using a ring buoy: Hold the rope in your OPEN non-dominant hand; hold the buoy by the middle in your dominant hand; place your non-dominant foot on the float end of the rope; throw directly underhand like horse shoes; throw past the victim; slowly pull the victim in hand over hand.

Rules of the pool. No running. Do not hang or sit on lane lines. No food, gum or drink in the pool area. No shoes on deck. Proper bathing attire only. No diving in the shallow pool.

The three basic rules of water polo are:

- 1) You may handle the ball with only one hand at a time.
- 2) You may not play from the bottom or side of the pool
- 3) You may not put the ball underwater for evasive purposes.

In sophomore swim we worked on all components of physical fitness. We worked on **cardiovascular fitness** through increased number of lengths and cardio swims. We worked on **muscular strength** through push ups and sit ups. We worked on **muscular endurance** through increased lengths, press outs during snake swims, and increased number of push ups and sit ups. We worked on **flexibility** through dynamic stretching during swimming. We worked on **body composition through daily physical activity**.

Progressive Overload is the gradual increase of stress placed upon the body during exercise training

The increase in warm up lengths from 4 lengths to ten or more, the increase in cardio day lengths and the increase in number of push ups are all **examples of progressive overload**.