

## WHY SWIM?

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### PHYSICAL DEVELOPMENT

- Swimming develops high quality aerobic endurance, the most important key to physical fitness, while simultaneously being the most injury-free activity of all children's sports.
- Swimming has the opportunity to yield more meaningful exercise in a short amount of time because the sport utilizes all of the body's major muscle groups.
- The aerobic endurance gained from swimming can immediately translate to other athletic endeavors your child might participate in.

### INTELLECTUAL COMPETENCE

- Swimming develops a strong sense of body awareness by teaching skills that require thinking and focus.
- Children will build swimming techniques by learning tasks in small manageable chunks that in time will develop into fully fledged skills.
- The accomplishment of learning and using these difficult skills will contribute to a stronger self-image.

### RELATIONSHIPS

- Swimming is best experienced with a tight core group of athletes. Finding a few other individuals that feel the same and want to push each other and work towards goals is a big reason why athletes stay in the sport.
- This "core" group is an important aspect for athletes to learn to enjoy the entire swimming experience, even if sometimes practice isn't very "fun".

### USA SWIMMING

- USA Swimming is the National Governing Body for the sport of swimming in the United States, USA Swimming is a 300,000-member service organization that promotes the culture of swimming by creating opportunities for swimmers and coaches of all backgrounds to participate and advance in the sport through clubs, events, and education. Membership is comprised of swimmers from the age group level to the Olympic Team, as well as coached and volunteers. USA Swimming is responsible for selecting and training teams for international competition, including the Olympic Games, and strives to serve the sport through its core objectives: Build the base; Promote the sport; Achieve competitive success.

<https://www.usaswimming.org/about-usas/organization/overview>

## **WHY BETTENDORF AQUATICS**

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- Bettendorf Aquatics' goal is to have a program that serves all levels of swimmers and to give each athlete the opportunity to succeed at their own level. The Bettendorf Aquatics coaching staff is dedicated to providing a program in which swimmers will learn the value of striving to improve oneself -- to be the best you that you can be!

### **LONG TERM DEVELOPMENT**

- The BETT program is designed to develop each child physically, mentally, and emotionally in a series of stages. Each team level is designed to gradually increase the degree of commitment from each swimmer. This is a long term approach that starts with a focus on developing technical skills and maintaining engagement in the sport (9yrs & under). In the later years, the program becomes more demanding both physically and psychologically (14ys & older).
- This gradual transition is essential to encouraging a swimmer to stay committed to swimming during their physiological prime so they can reach their peak performance! "Too much, too soon" is more often the cause of failure to achieve maximum potential in Senior level swimming.

### **A SWIMMER'S PROGRESSION**

- We must always remember that each child is different, and so they will progress at their own rate. It is the coach's job to create goals and objectives specific toward meeting the needs of each individual swimmer. Our team-wide objective is to organize training groups based on a swimmer's physical, mental, and emotional state. We do our very best to establish groups that are compatible in respect to abilities, commitment levels, and goals; as this is the most productive environment for each swimmer to grow and develop!