



# Newsletter

MAY 1, 2014

VOLUME 2, NUMBER 2

## **Memorial Day Schedule!!!**

There will be No Classes  
Saturday May 24,  
Sunday May 25 nor on  
Monday May 26.

## **August Break**

Swim School will be  
closed August 10  
through September 2!

## **INSIDE:**

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## **Little Dolphin Swim Academy : New Swim School Name and Logo**

**We have a new name and new logo!** We are very excited about becoming the "**Little Dolphin Swim Academy**". Our new name has several purposes. One is to consolidate our locations into a single name We will have more information about this in the coming weeks. Stay tuned!!

## **New Progress Recognition System Coming!**



Starting June 1, we will be moving away from tracking progress on Certificates, and instead, begin a system of earning ribbons. The purpose of going to ribbon achievement awards is to make sure that each child is rewarded for their appropriate improvements. Often, but not always, busy parents are challenged to keep track of a certificate. Therefore, the way our new system will work, is this: By June 1 we will have the first five skills in their class numbered on the "tracking system" that you all have access to on [www.areteswim.com](http://www.areteswim.com) (if you need instructions how to use it, they are also on the website in the drop down menu under "Learn To Swim" or [click here](#)). Once your child has achieved the first five skills in their class they will receive a customized ribbon for the Little Dolphin Swim Academy. Our suggestion is that you secure that ribbon in a prominent place at home like a refrigerator or a bulletin board. When they achieve all the skills in the class, then they will receive a pin that they can put on the ribbon. There will be a different color ribbon for each class.

## **SUMMER SUN PROTECTION**

**Summer is coming with plenty of outside fun in and around the pool for kids!**

**It's a time to consider a sun protection strategy.**



Remember to read the instructions on your sunscreen. The Center for Disease Control and Prevention (CDC) advises to apply sunscreen 30 minutes before going outside and to reapply after sweating and swimming (even "waterproof" and "water resistant" sunscreen should be reapplied!). Also, if you are outside longer than two (2) hours then reapply. Be sure to check your expiration dates on your sunscreen supply! Store sunscreens in a dry spot at room temperature.



## KIDS SUN FUN ACTIVITY!

Let the kids go shopping for sun protection groceries or dress appropriately for the sun on the Sunwise Kids site provided by the Environmental Protection Agency. [Click Here.](#)



Swim shirts are also available on the market that add additional UV protection. The CDC recommends to use sunscreen with a T-Shirt and certainly on areas not covered by a T-shirt ([including little hands and feet](#)).



Eye protection in the sun is important and for summer swimming goggles with sun protection can also make swimming more enjoyable! For summer swimming, you can choose a goggle that offers UV protection. Look at the specifications on the goggles for information on the level of UV protection as with sunglasses you will want to block out as close as possible to 100% of UVA and UVB rays.



The CDC also recommends hats and reminds us that baseball hats don't cover ears and the neck, so be sure to apply sunscreen on those areas. Hats are good in between dips in the pool and for babies and infants sun hats for use in the pool are also available.



In between swims, hit the shade. You may wish to have a dry shirt and/or towel to stay warm with a wet suit in the shade, but out of the water is a good time to take advantage of shade for sun protection.

"Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors" This is excerpted from the CDC article "**How Can I Protect My Children from the Sun?**" [Click here for the full article.](#)

Also available from the CDC is a brochure about Sunscreen. [Click here to read the brochure.](#)

Always check with your pediatrician.

## "It's never too late to learn to swim"

**Little Dolphins Swim Academy also offers Adult Swim Lessons!**

"More than a third of American adults can't swim the length of a 25-yard pool, according to the U.S. Centers for Disease Control and Prevention.



If you're among the 37 percent of adults who can't, you're at greater risk for becoming one of the nearly 10 people who drown each day, on average. Inability to swim is the No. 1 "risk factor" for drowning, the CDC says.

Nearly 80 percent of drowning victims are male; 70 percent are adults. Black children are three times more likely to be drowning victims than are white children.

The good news is if you don't know how to swim, it isn't too late to learn -- no matter how old you are, says the Swimming Saves Lives Foundation, the charitable arm of U.S. Masters Swimming."

(This article excerpted from Pittsburgh Post Gazette April 14, 2014  
By Jack Kelly )



## Fun Ways to Teach Kids Swimming Lessons

- Blowing Balls
- Holding a Toy's Breath
- Falling In
- Singing in the Water

[Check out this LiveStrong.com article by Sophie Bloom, M.S. L.Ac for details.](#)



## EVERY PARENT OF A TALENTED KID SHOULD READ THIS!

**-70% of talented kids drop out of their sport before age 13 because of these reasons:**

The reality is, 70% of all kids quit organized sports by the age of 13, and the number one reason they cite is that it is not fun anymore. Personally, having been around the sports world for over 30 years now, growing up as a kid, competing professionally for 10 years, and now coaching, I have seen this first hand.

There can be a few reasons why kids drop out early:

1. Over-zealous parents - Parents are fueled by their talented kid to spend all their time and money on pursuing the kid's sports career. They feel the more, the better, when in fact it's that continual push that can at most times send their kid over the edge. They also seem to panic when other kids the same age as theirs might be winning or doing better, so they make changes in coaches (-also known as 'coach hopping') and add on more tournaments.
2. Too much competition at a young age - Burn-out and over-playing can occur at a very early age. Kid's that compete too much and too early are in the 70% category of quitting a sport sooner than later. Too much competition at a young age also means that they are not busy doing the things they should be doing more of, like athletic skill and technical development.
3. It's not fun anymore - The kid doesn't enjoy playing anymore due to the loss of fun. They are always practicing or playing matches. Also, the pressure and more attention to simply 'winning' applied by coach and/or parent. The fun is simply drained out of it because of 'win at all cost' coaches and over-pressuring parents.

Kids also start to see their friends having more fun having more balance in their lives, playing other sports and going to friend's houses, fun activities etc.. Always remember what the number 1 reason was why kids started to play a particular sport - because it's FUN.

4. Too high expectations - When a kid is extremely talented at a young age or showing great potential, a lot of parents will be constantly told how brilliant or great their kid is. This is the mistake of society. Kids are put on pedestals way before they have earned it or should have. Ridiculous as it may sound, but here in the United States, I have heard parents of kids under the age of 12 years talking to University and college coaches about getting their kid to go there! A massive weight of expectation is placed on these kids shoulders the moment they win a tiny insignificant tournament or competition!

And while I'm on that subject, parents pulling their kids out of school before 14, what are you thinking? Give your kids Balance and Education for as long as possible! It's understandable that Sometimes arrangements in time scheduling need to be made, but pulling a kid from the classroom permanently at these ages is more harm than good.

Over the past 10 years or so, I've had parents of immensely talented kids who they've pulled out of school, bring their kid to me, and what I mostly find is a kid who plays a sport pretty well, but hardly has any friends, balance in life or social skills! I fear for the kid if they 'don't make it' in Tennis because it's all they know.



## GOGGLE ALERT!

Kids and Adult 3-pack Speedo Goggles are in stock at Costco this week

### **Conclusion:**

The most important thing as a parent or coach, is to always make sure the kid is having FUN. I would recommend that both the parent and coach, provide the balance to this equation.

Parents, your role is simple: Just be there to lend unconditional love and support. Also, remember to let the coach, coach. Have some integrity and patience, stop the 'coach hopping' and thinking the grass is always greener when another kid does well. Most of all - Let your kid decide if they still find it fun. It should be their choice.

Coaches, make sure the vital stages of athlete/player development are adhered to. Don't get caught up in the demands or pressures of the kid playing tournaments every weekend.

**Remember:** Develop the Athlete before the player. But most important of all, help develop their enjoyment for the game as well as life skills.

Stay the course. Enjoy the journey.

## What's a Swim Team?

The advantages of becoming a competent swimmer are endless. One day it may save your life, a friend's or that of a stranger. As our swimmers move into the Advanced Beginner and Intermediate groups they may also want to consider joining a swim team.



A swim team has practice and it has races. The races tend to be grouped by age-group starting with 8 years old and younger, then continuing with a 9-10 year old group, 11-12s, 13-14, 15-18 and a 'senior' or open age-group. In central New Jersey the swim competitions tend to take place on Wednesday evenings and Saturday mornings and last about two hours.

The costs may range from about \$700 for the family for the summer on up into the thousands for clubs with tennis and golf.

The swim team doesn't necessarily take the place of our small group lessons. The reason is that the swim team practice will have a large group of children and the coaching will vary in its quality. Our lessons can help refine technique, while the swim team adds endurance, teamwork and the thrill of competition.

Some of the local clubs in our area are:

### **In Bridgewater:**

- The Bridgewater JCC – 775 Talamini Rd, Bridgewater, NJ, [www.ssbjcc.org](http://www.ssbjcc.org) 908-725-6994 (It also has a summer camp.)
- Coppermine Swim Club - 690 Foothill Rd, Bridgewater, NJ, [www.coppermineswimclub.com](http://www.coppermineswimclub.com), 908-685-9596  
(It also has a summer "Kids Club" that allows parents to pay an additional \$20 per child, or so, to stay at the pool all day with games, crafts, swimming, etc.)

### **In Somerset:**

- The Cedar Hill Swim Club - 156 Cedar Grove Lane, NJ, [www.cedarhillclub.com](http://www.cedarhillclub.com), 732- 873-2792

### **In Piscataway:**

- The Rivercrest Cabana Club – 455 Rivercrest Dr, Piscataway, NJ, [www.pwaynj.com](http://www.pwaynj.com), 732-463-0806

**It is not unusual for clubs to have a waiting list, so it's good to investigate membership as soon as possible.**



## EXPLORE YOUR SWIMMING DURING OPEN SWIM TIMES IN AUGUST!!!

Swim school may be closed during the end of August but continue to explore your swimming. A day at the pool during the August heat is always relaxing and probably the best way to beat the heat! Take advantage of open swim times to continue to explore your swimming. Practice kicking, breathing and putting the whole stroke together. Maybe have some fun family relays! Kicking races are great even on from a floating device. Playing games helps develop comfort in the water. Doing somersaults in the water helps a swimmer learn to avoid getting water up their nose; this will come in handy for flip turns! Even just doing relaxed floating is practicing getting your body in the best buoyancy position. See the sidebar article "[Fun Ways to Teach Kids Swimming Lessons](#)" for other ideas! So, get out and enjoy!

The Little Dolphin Swim Academy is a **child-centered program** that teaches children how to swim and how to love it!

### We're on the Web!

#### Arete Aquatic Services

[www.aret swim.com](http://www.aret swim.com)

or contact us by e-mail:  
ldolphinssa@gmail.com  
or by phone:

732-921-5989.



### SWIM SCHOOL LOCATIONS

We offer two locations:

- Bridgewater JCC –  
Bridgewater, NJ  
775 Talamini Rd
- La Quinta Inn –  
Somerset, NJ  
60 Cotton Tail Lane

## CALENDAR



### MEMORIAL DAY SCHEDULE

There will be no classes Saturday May 26 nor Sunday, May 26 in Bridgewater (JCC-Talamini Road). No classes Monday May 27 in Somerset (La Quinta Inn-Cotton Tail Lane).

**Swim School will be closed August 10 through September 2!**

May 2014						
Sun	Mon	Tue	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
						<b>No Swim School</b>
25	26	27	28	29	30	<b>31</b>
<b>No Swim School</b>	<b>No Swim School</b>					
June 2014						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**Note:**

If we offer less than 4 classes per month, fees will be prorated.

**“Class Make-Up”  
Procedure** 

[Click Here to go on-line for our class make-up procedure.](#)

July 2014						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
August 2014						
					1	2
3	4	5	6	7	8	9
10 No Swim School!	11 No Swim School!	12 No Swim School!	13 No Swim School!	14 No Swim School!	15 No Swim School!	16 No Swim School!
17 No Swim School!	18 No Swim School!	19 No Swim School!	20 No Swim School!	21 No Swim School!	22 No Swim School!	23 No Swim School!
24 No Swim School!	25 No Swim School!	26 No Swim School!	27 No Swim School!	28 No Swim School!	29 No Swim School!	30 No Swim School!
31 No Swim School!	1(September) No Swim School!	2 No Swim School!	3 Swim School Resumes!	4	5	6