



News from the Pool Deck - April 2008

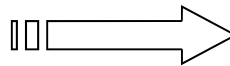
Sharks Learn to Swim Program

Our commitment to you is ongoing professional development

As part of our instructors continuing education Alex, Chris, Emily & Janet, will travel to Australia for the ASCTA Conference (Australian Swimming Coaches and Teachers Association) to update their qualifications and gain higher level certifications. The conference is one of the biggest swimming conferences in the world for coaches and teachers of swimming to meet and exchange information on the latest training techniques and teaching methods as well as gain knowledge from some of the worlds most renowned experts. The staff will be away from Tuesday 29th of April to Wednesday 7th of May.

****During this time there will be no Learn to Swim lessons.
However, all Shark Swim Squads will continue with their usual schedule.****

Which coach is this?



Certificates: What do they mean?

At the end of each term your child will come home with one of two types of certificates.

If your child is moving up to the next level they will receive a certificate with the name of the level they are currently enrolled in. The certificate also says that they are **promoted to the next level**. See below right *Swordfish certificate as an example*.

If your child is to **remain in the same level** they will receive a certificate with a written comment about their progress See below left *Awesome Aquatic Adventurer Award as an example*.

Please make sure you enroll your child in the correct level as shown on their certificate. It is your responsibility to contact the office if your child needs to change levels. We suggest that you do this as soon as possible to have the best chance of getting into the class that you want.

If you have questions about your child's progress, please understand that the instructors have limited time to talk to parents on the pool deck. The best option would be to leave your number or email with them and ask to contact you after class. You can email the sports section on sports@esf.org.hk



Enroll in the same level as shown on this certificate



Promoted to the next level

Tip of the Month: Diving



Ever tried to dive into the deep end of the pool with grace and style, only to end up belly flopping and then trying to cover up your pink belly?

Here are a few tips to get top marks at your next swimming lesson:

- Stand at the edge of the pool in the deep end with your feet slightly apart, pointing forward, toes over the edge
- Arms behind your ears, hands together, elbows locked tight
- Look at the place in the water that you want to enter and keep that picture in your mind
- Bend your knees slightly, keeping your bottom higher than your knees and lean forward
- Most important - Keep your chin tucked in to your chest and look at your belly button - NEVER LOOK AT THE WATER
- Spring up and out over the water pointing your hands where you want to enter
- As you enter the water change the direction of your hands to point towards the surface to guide you through a shallow dive

Did you work out who is in the picture?

It's Alex Wong

Let's find out some more about him....

Alex has been teaching and coaching with ESF Educational Services Ltd since 2005 and became full time in April 2007.

Hong Kong born and raised along with his two sisters, Heidi and Anne, Alex grew up in the water. When Alex was on the Hong Kong team, he trained under Bill Sweetenham, the 1988 Australian Olympic Coach. Under coach Sweetenham, Alex swam in many world class competitions including Asian Championships and the World Cup.

Career Highlights:

- 1995 World Cup Hong Kong
 - 50m Breaststroke - Silver (30.23)
- Hong Kong Record Holder
 - 50m Breaststroke (30.23)
- Hong Kong Record Holder
 - 100m Individual Medley (1:00.86)



Alex has more than 15 years of coaching experience to a broad range of students from beginners up to squad.

In his spare time, he likes to go to the beach with his dog or explore Hong Kong looking for tasty culinary delights!

As part of his continuing education, in 2002 Alex went to Las Vegas to participate in the American Swimming Coaches Association World Clinic where he rubbed elbows with the biggest and best in the Swimming industry, learning valuable information on the latest techniques and training principles. He will join Janet, Chris and Emily in Australia for the ASCTA conference to further enhance his coaching skills.