

## Berrien Springs Partnership Syllabus

### Stingrays High School Swim Club Fall 2023

#### **BASIC CLASS/LOCATION DETAILS**

**Dates/Times:** August 28th - December 7th, 2023 (Fall Dates)  
Tuesday - Thursday from 3:30-4:30pm

Closed for Holiday (No Classes) for the following dates

- Monday, September 4th (Labor Day)
- Mon & Tues, October 9-10 (University Fall Break)
- Wednesday - Sunday, November 22 - 26 (University Thanksgiving Break)

**GRADE OR AGE LEVELS:** Age 14-19 (Highschool). Must be able to demonstrate a Red Cross level 5 swimming ability.

**Level 5 Exit Skills:** (must also meet skill level of stroke)

1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

**# Classes (REQUIRED):** 34 classes (80%)

**# HOURS (POSSIBLE):** 42 classes

**LOCATION/ADDRESS:** Andreasen Center for Wellness  
8750 West Campus Circle Dr. Berrien Springs MI 49104

#### **PROGRAM COORDINATOR/CONTACT INFORMATION**

**Program Coordinator:** Taylor Biek

**Contact Information:** Phone: (269) 471-3257  
Email: learn2swim@andrews.edu

**Website:** <https://www.andrews.edu/wellnesscenter/services/aquatics/index.html>

**ADDITIONAL PRIMARY INSTRUCTORS (background checked):** Trinity Sulger

**MAIN INSTRUCTOR QUALIFICATIONS:** Water Safety Instructor American Red Cross Certification and/or Lifeguarding Certification.

### **REGISTRATION**

Additional registration required at location? **YES**

INSTRUCTIONS FOR REGISTRATION: Can be found on our website

### **COURSE DESCRIPTION**

*(complete overview shown on website)*

The Andrews University Swim Club is designed to create a fun and non-competitive atmosphere. Members will improve endurance, speed, efficiency for various swim strokes, and overall fitness. Personal bests are encouraged for our swimmers.

- Increase endurance: be able to swim longer, continuously, at a consistent pace.
- Speed: be able to swim at a quick pace for a short, or moderate distance.
- Attitude: be able to encourage other swim club members and be always ready to do your best.

### **SYLLABUS/OUTLINE**

Each week varies as the teacher develops their own block plans for the courses each semester. Students will participate in instructor led workouts throughout the semester, and work towards developing and timing their own workout by the end of the semester.

*STUDENT ASSESSMENT - what will be used to evaluate student progress and/or end of semester pass/fail status?*

All classes abide by the following:

- 1) Students agree to attend at least 80% of class sessions/lessons required. Attendance is kept online and tracked by Partnership staff. Failure to meet 80% or be on track to meet 80% may result in program discontinuation.
- 2) The Partnership Student Assessment or Performance Form is filled out by the teacher and turned in to Partnership staff. The link to this form is found on the web page for this class. Failing marks for lack of participation, behavior issues, practice time, etc. may result in program discontinuation.

**Class-specific assessment:**

**(These awards will be presented to swimmers on the last day of the semester)**

- Bronze award: be able to swim 6 laps in 10 minutes.
- Silver award: be able to swim 8 laps in 10 minutes.
- Gold award: be able to swim 10 laps in 10 minutes.

There will be a swim meet at the end of the semester that is mandatory for your final assessment. Details to come!

### **ADDITIONAL RESOURCES** *(online, books, video, etc.)*

Additional content has been shared with the Partnership including online videos and phone app. learning and safety quizzes.

### **CLASS POLICIES** *ATTENDANCE, BEHAVIOR, WEATHER, ETC.*

**Attendance:** Call and email if you know you will be absent and try to schedule a make-up class with the Coordinator. However, space can be very limited so please try to attend all of your scheduled classes as makeups are not guaranteed to be an option.

**Behavior:** Be respectful to the teacher and other students. Be willing to try new things but ask for help if needed. Come to class ready to learn in your swimsuit and a pair of goggles.

**Weather:** Look for an email or a text on the day of inclement weather to know if your class will still plan to meet or if alternate class times will be arranged.

**Class Prep:** Please come to class in a swimsuit and bring goggles and a swim cap (swim cap optional, but recommended). Please also make sure to bring a water bottle to stay hydrated during workouts!

- Recommended swimsuit brands: TYR, Nike, Speedo, Finis, Summersalt, Miraclesuit, etc.