

Bridging the Gap

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Swimming is considered a lifetime skill that can and should be enjoyed by swimmers of all ages. This is something that has been encouraged and promoted at Atlanta Swim Academy since our swim program started more than 25 years ago. Although we've been in the swimming business for some time now, we feel one of the key factors to a successful swim program is avoiding routine and stagnancy via a dynamic swim program that accommodates the growing needs of our swimmers.



Atlanta Swim Academy takes kids from swim lessons...



...to swim team

It can be very intimidating for a swimmer of any age to make that initial transition to swim team. More often than not the commitment, expectations, and pressures associated with youth swim teams can often discourage young swimmers from participating in the sport altogether. These fears are not limited to just swimmers; parents equally fear enrolling their child in swim team for the same reasons. When developing our swim team program we felt strongly that it was important to provide swimmers with an opportunity to

continue their development in the sport without the pressure and anxiety associated with competitive swimming. Our goal was to integrate swim team into our swim lesson program and "bridge the gap" between the two so that swimmers in lessons would easily feed into swim team as they advanced from one level to another.

At ASA, our swim team is seen as the next level in the learn-to-swim program and continues to focus on stroke and skill development with the added excitement and team spirit that comes with being a member of a team. In order to ensure that children and parents feel comfortable with making the leap from swim lessons to swim team, we offer "bring a friend to practice" days where current swim team members can share their enthusiasm for competitive swimming with their friends by bringing them along to swim team practice. We also offer free swim assessments to ensure the safety of potential swim team members and to establish a more personal relationship between coaches, swimmers, and parents from the beginning.

We've found that a flexible practice and meet schedule can make all the difference to both swimmers and parents. The transition from swim lessons once a week to swim team practice twice a week is far less stressful to swimmers than if they were to abruptly switch from lessons to a more demanding, rigid practice schedule. Swimmers who are looking for a more competitive swim team experience or who are ready to increase the intensity of their practice schedule have the option of practicing up to three times a week, or they may choose to supplement their practices with swim lessons. The option of determining their own practice schedule keeps swimmer stress levels low and gives parents more control over their schedules. A combination of low-key home meets in which members compete against one another and more competitive away meets further allows swimmers and parents to choose the intensity of competition. Swimmers can develop at their own pace with a flexible practice and swim meet schedule.

A low coach to swimmer ratio at all levels allows swimmers to receive that added attention which is needed in order to ensure that their strokes and technique develops correctly, ensuring that no swimmer ever gets lost in the mix. Although swimmer endurance continues to develop and improve throughout the course of the season, it is never the primary focus. Why encourage swimmers lacking proper technique to swim longer distances and reinforce bad habits?

Our swimmers are encouraged to set their own individual goals with the support and guidance of their coaches. Whether their goal is to have fun or become the next Michael Phelps, we tailor our programs to accommodate their needs, thereby attracting and catering to swimmers of all abilities.