

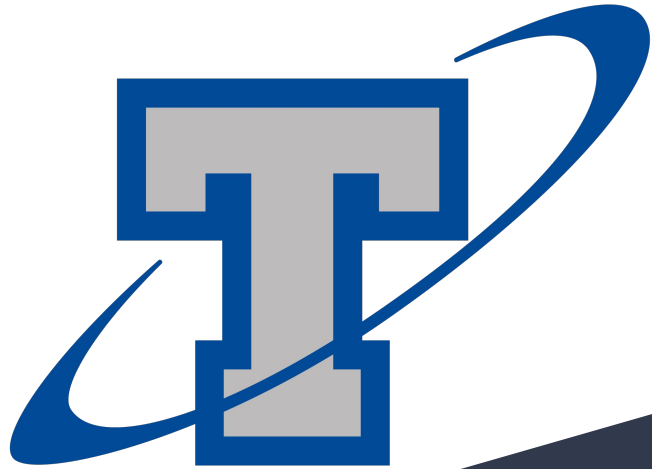
# 2024 NCA Clinic

Special Olympics Swimming

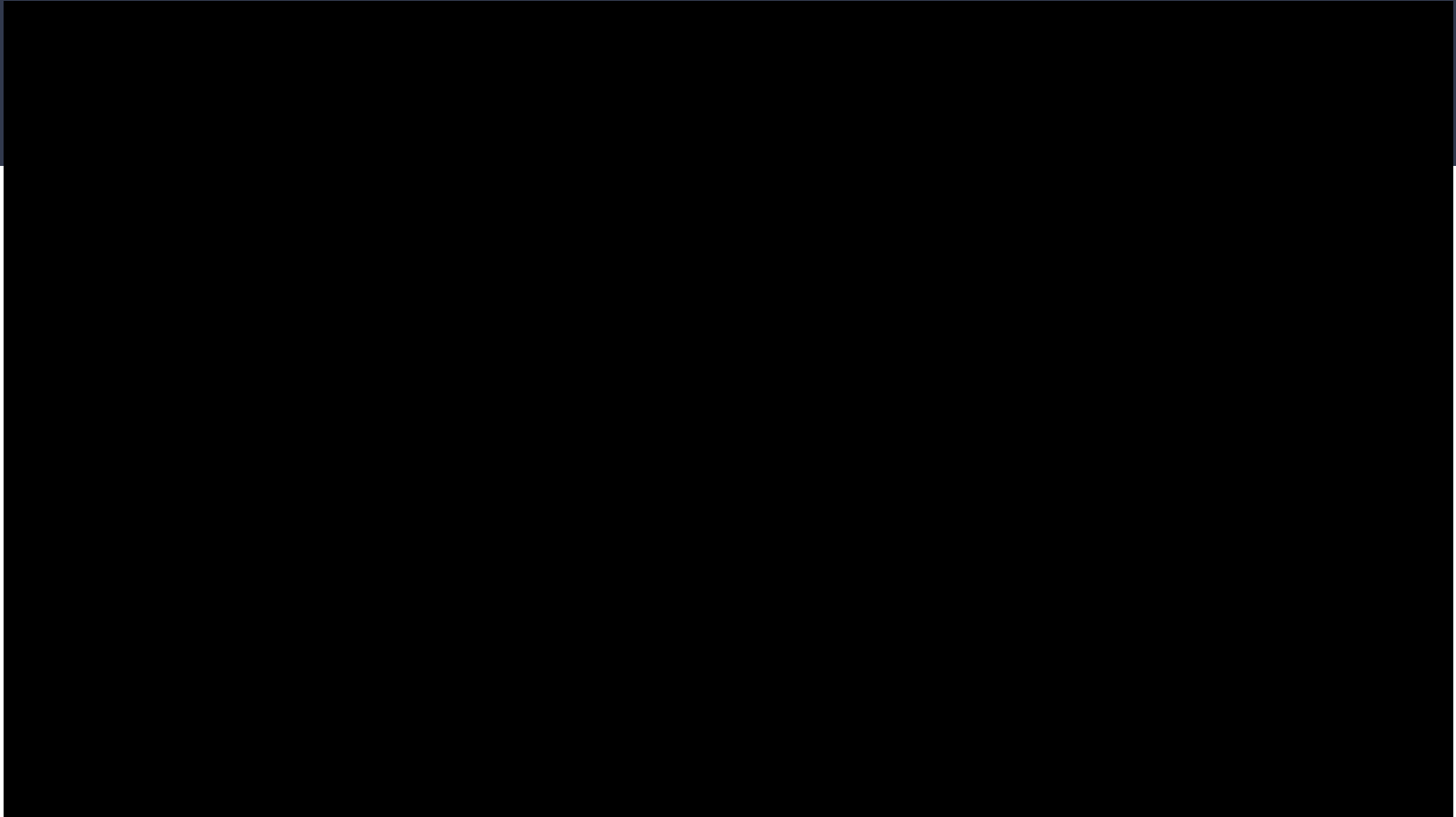


**PAPILLION LA VISTA**  
COMMUNITY SCHOOLS

Thank You!



EP



# Why?

- UNL Undergrad in Secondary Social Studies with intention to coach swimming
- Student taught and coached at Lincoln Northeast with Kyle Hunt
- Masters Degree in Special Education

# Why?

- Taught Special Education at Lewis Central
- Hired at Papillion-La Vista as Special Education Teacher and Swim Coach in 2013
- 2015 - Water Safety

# Why?

Dear Parents,

The students in Career Explorations (6<sup>th</sup> Hour) will be finishing the semester with a unit on Emergencies. According to the USA Swimming Make-a-Splash Foundation, ten people drown every day in the United States, and of those ten, two are children aged 14 or younger. In African-American populations, 70% are unable to swim. For Hispanic/Latino children, 60% do not know how to swim. Twenty-three percent of Caucasian children have not been taught to swim. In families where parents are unable to swim, the children only have a 13% chance of knowing how to swim. Currently, drowning is the second leading cause of unintentional death in children under age 14, and if children are exposed to a formal swimming lesson, their rate of drowning can decrease by up to 88%. In order to help our students increase their water safety skills, we would like for them to have some structured swim lesson time in the shallow end of the PLHS Pool on Tuesday December 15 and Wednesday December 16. For the 6 students in class, we would have at least 3 adults with Lifeguarding/CPR Certifications in the water, as well as High School Swim Team members. **Students would need to bring a swimsuit and towel.** Please review the attached flyer and let us know if you have any questions. Sign, date, and return the bottom portion of this form as soon as possible.

Thank you,

Nick Baker  
[nbaker@paplv.org](mailto:nbaker@paplv.org)  
(402) 898-0400

# Why?

- 2015-16 NSAA included Special Olympics at State
- 2016-17 we started our program

## Special Olympics Swim

<b>LOCATION:</b>	Papillion-La Vista High School Pool		
<b>SEASON:</b>	November 29, 2016-February 25, 2017		
<b>PRACTICE DAYS:</b>	Tuesdays, Wednesdays, Thursdays		
<b>PRACTICE TIME:</b>	3:45-4:30pm		
<b>MEET SCHEDULE:</b>	Thurs 12/1/2016	4:30PM	vs. Lincoln Southeast
	Thurs 12/8/2016	4:30PM	vs. Lincoln Southwest
	Tues 1/10/2017	4:30PM	vs. Lewis Central/Duchesne
	Tues 1/17/2017	4:30PM	vs. Prep/Marian
	*Sat 2/25/2017	11:00AM	at State Finals (Lincoln, NE)

\*All meets and practices are in conjunction with the PLHS/PLSHS Varsity Swim Team\*

\*Athletes do NOT need to be registered with Special Olympics Nebraska in order to participate\*

\*Special Olympics Swimmers will compete in all PLHS/PLSHS Home Meets (above)\*

\*Additional meets may be added to the schedule based on availability\*

\*Athletes participate at State Swim based on availability\*

\*No practices over Winter Break\*

# How?

- Send info home to VLC students at both schools in the fall
- Usually end up with 4-6 athletes
  - PL-South does a great job providing transportation to PLHS as well as supervising at practices and meets



# How?

- Practices are Tuesdays and Thursdays starting after Thanksgiving Break, 3:45-4:30pm
- Varsity Swimmers assist in the bulkhead area
- Start at Red Cross Level 3 skills
  - Floating on front/back, kickboard, swimming width of the pool using freestyle and backstroke
  - Use aqua-jogging belts when needed in deep end

# How?

- Swimmers compete in all home meets
  - Senior Night/Senior Parent Letter
  - Letterwinners
- JV
  - Metro and State both have Special Olympics heats
  - Drills and Skills
    - Free=hand lead, shark fin, zipper, catch up
    - Back=rotation, L drill, double recovery, 6-kick
    - Breast=K on back, slide drill, 1P/2K, 3 Sec Glide
    - Fly=body dolphin, flick drill, 1P/4K, 4 perfect strokes