

SWIMMING

# FROM FRIENDSHIP TO GLORY

## FEATURED ATHLETES



CLAUDIA HOLZNER AND  
JACQUELINE SIMONEAU  
ARTISTIC SWIMMING

MARKUS THORMEYER  
SWIMMING



*Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.*



SCHOOL PROGRAM

*The Fundamentals of Olympic Values Education, International Olympic Committee*

# ICE - BREAKER

## Fun fact or silly fact?

Today's Olympic value is friendship. The Olympic Games foster new and existing friendships among athletes, coaches, and spectators. Nations often unite to cheer on their athletes as they compete in the Olympic competitions and participate in the ceremonies.

**Activity Type:** Circle Game

**Group Size:** Large group (of 5 or more)

**Age Group:** 6-12

**Length of Activity:** 10 minutes or more, make sure to cut the activity at the peak of enjoyment

**Objective:** To have fun and allow participants the opportunity to share fun facts about themselves, while getting to know other participants better.

**Equipment:** none

### BEFORE YOU START

1. Discuss what friendship in sport looks like. How might this look differently depending on the type and level of sport? Can friendships develop as spectators or supporters?
2. Make sure everyone understands how to play, and remind everyone to use positive and respectful statements.

### SET UP

- Participants should form one large circle (standing or sitting). Make sure there is 2m between everyone.

## How to Play

- The participants will take turns telling two facts and one silly fact (three statements in total) about their sport experiences. The instructor then asks the group to vote on which statement was false by raising their hand. Afterward the participant who shared reveals the false statement.
- Depending on age and skill level of participants you can add additional challenges by using different movements to "vote" on the false statement (i.e. do a push-up, hold a plank, spin around, etc.).



# WARM - UP

## Like an olympian

**Group Size:** Large group (of 5 or more)

**Age Group:** 6-12

**Length of Activity:** Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment.

### OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes

### EQUIPMENT

5 cones

## Warm-Up Like...

A SWIMMER	AN ARTISTIC SWIMMER	A TRIATHLETE
<p>Line up participants side-by-side and arm's length apart.</p> <p>Start participants in standing positions. On "go", participants do 20 seconds of forward arm circles with their left arm. Repeat with their right arm, then backwards (left/right), and alternating.</p>	<p>Line up participants side-by-side and arm's length apart.</p> <p>Start participants in standing positions. On "go", participants bring their arms out to the side at shoulder height then bring their arms together in front of their chest at the same height (standing T's) for 20 seconds.</p> <p>Try this in groups of three as a relay and repeat it 3 times each.</p>	<p>Set up three cones in a straight line: 0m, 10m, 15m.</p> <p>Participants jog from first cone to second cone and sprint from second cone to third cone. Repeat three times.</p>



SCHOOL PROGRAM

# FEATURED Athletes

## FROM TRUST TO FRIENDSHIP TO GLORY

### CLAUDIA HOLZNER ET JACQUELINE SIMONEAU

#### SPORT: ARTISTIC SWIMMING

Claudia Holzner started doing artistic swimming at six after watching the Sydney 2000 Olympic Games on TV from. Claudia and duet partner Jacqueline Simoneau are great friends. To calm their nerves before each competition, they look into each other's eyes and say, "I trust you". Trust is a key part of friendship. They also say the name of their favorite Disney character, Perry, because friendship should be fun!



Photo by Andrew Lahodinskyj/COC

## FROM SUPPORT TO FRIENDSHIP TO GLORY

### MARKUS THORMEYER

#### SPORT: SWIMMING

Even though Markus Thormeyer dropped out of his first swim race, he kept working hard and by his mid-teens was on the national team. Many of his friends did not know that he was gay, and he was worried what they might think if they found out. After competing at the Rio 2016 Olympic Games, Markus decided that it was time to share his truth with his friends and teammates. His friends were there for him and happy that he was comfortable sharing with them. Friendship is about being there for someone and supporting them. It's about caring enough to journey with them in the good times and hard times. By letting people in, Markus was able to focus on his training and qualifying for the Tokyo 2020 Olympics. Good friends like you for who you are.



Photo by Darren Calabrese/COC

## Physical literacy tip

## SWIMMING

The flutter kick is an important skill to learn, as it's used in both the front crawl and backstroke. If you don't have access to water right now, try this exercise. Lie with your stomach on the floor and hands folded under your forehead. Alternate raising your feet off the floor about one centimeter up and down in a kicking motion simulating the flutter kick for the front crawl. Try not to bend your knees too much so you keep a streamlined position. Try this for about 10 seconds or so, rest, and repeat. Next, try the same exercise, but flip over so your back and head are resting on the floor with your arms by your side simulating the flutter kick for the backstroke. Having a strong flutter kick means you will be able to move more efficiently through the water. Good cue words for the flutter kick are "point the toes" and "straight legs".

Swimming is lots of fun but more importantly it's a life saving skill. If you find yourself around bodies of water on a hot summer day, you want to feel confident in your swimming skills so you can have fun and be safe. Being able to swim allows you to participate in activities such as canoeing, water polo, snorkelling, sailing, water skiing and swimming at the beach.

# GAME #1

## Mirror Reflection

### OBJECT

To copy your partner's movements.

Note: this game can also be done in a pool with the proper safety guidelines

### EQUIPMENT

- None

### SET UP

- Pair participants up and have them sit two meters apart facing each other.
- One partner begins as the leader while the other is the follower.

### RULES

Your feet are not allowed to touch the floor.

## How to Play

- The leader moves in various ways while their follower tries to copy their movements.
- Switch roles after 30 seconds.
- Switch partners after each participant has had a turn being a leader and follower.
- If appropriate have a competition at the end to see who can keep their feet off the floor the longest.

### DIAGRAM



### COACHING

- Remind participants they may lay on the floor, sit up, and use all body parts but their feet cannot touch the floor.
- Remind participants to stay in sync with each other like the reflection in a mirror.



# GAME # 2

## Team Swimming Pursuit

### OBJECT

To have the most beanbags on your team's side when the game is over.

### EQUIPMENT

- Beanbags or other objects (e.g. rolled up paper, rolled up socks, scarves, etc.)

### SET UP

- Divide the participants into two teams and have them stand on opposite sides of the gym or field.
- Place an equal number of beanbags (12 or so) on each end line.

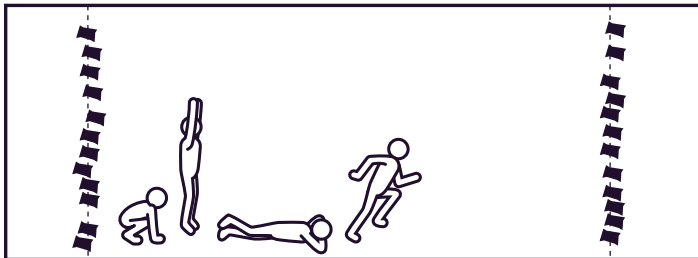
### RULES

- You can only take one bean bag at a time.
- Look where you are going to avoid collisions.

## How to Play

- On “go”, participants must do a streamlined jump (crouch down with fingertips touching the floor/ground, jump as high as possible with palms touching above head and legs together) simulating a dive in swimming.
- Next, they lie on the floor/ground and simulate the flutter kick by placing their head on the floor/ground; hands folded under forehead and lift each foot a centimeter off the floor/ground 10 times. Have the participants count out loud.
- Next, they run to the other side, grab one beanbag, and run back.
- Once they place the beanbag back on their side, they repeat the process.
- Continue until all the beanbags have been taken. The team with the most beanbags wins the game.
- For the next round, have them try the flutter kick while lying on their back.
- If playing with younger participants (age 6 to 7) eliminate the teams and place 20 or so beanbags on one end of the playing space. After they each complete the flutter kick, they are to race to grab a beanbag, repeat until all beanbags are gone.

### DIAGRAM



### COACHING

- Good cue words to coach the streamline jump are “Jump as high as you can”, “Keep your legs and palms together” and “Be as tall and possible”.
- Good cue words to coach the flutter kick are “straight legs” and “point your toes.”

