

# AQUARIUS AQUATICS SWIM SCHOOL / CLUB NEWSLETTER

The Official E-newsletter of Aquarius Aquatics



## The issue's must-read articles

### Why Kids Are Angrier Right Now, And What Parents Can Do About It

<https://www.huffpost.com/entry/why-kids-angrier-coronavirus-pandemic-1.5ede385fc5b695b969bd0db6>



**It's Not Just You. Kids Are Angrier Than Usual.**

Some children are coping with their COVID-19 anxiety with aggressive behavior. Here's how to help your kid

## Plan & Adapt To Life

Places across the globe are beginning to ease their coronavirus restrictions. Businesses are reopening, as are some schools and sports leagues. But everything looks much different than what we are used to.

Our swim school has worked closely with our federation, Swimming South Africa and the district / provincial Compliance Officers to ensure that the measures the swim school itself is taking will assist with the best possible swimming environment. Best hygiene practices from our clients, pupils and swims school staff should assist us all.

There's nothing more satisfying than teaching a child and being able to watch them develop over time, not only with their swimming ability but also as a person. Being a swimming teacher / coach gives you countless opportunities to make an impact on a child's life, easily making this one of the most rewarding jobs around.

We have reopened our doors after many months of closure. I would like to thank the parents and families who supported us during this very challenging time and who have come back to lessons at the LTS School. Welcome to the new season!

# "We Are All In This Together"

## Making learning fun again - LTS School

As a team we wanted to welcome you back to a facility that you left in the middle of March. Whilst many swim schools turned off their heat pumps (and with the extreme cold, they now battle to rebuild adequate temperatures to swim), Aquarius Aquatics Swim School ran their heaters for the full lock down period of nearly 4 months. The water is gorgeous and sit's between 31-34 C each day.

The heaters in the changerooms have been upgraded and our new Disney figurines on the side wall of the tuckshop certainly brighten the welcome to the swim school. Our SOP (Standard Operating Procedure) and new protocol as presented to SSA is functioning well. We are all in this together and thank you for supporting the new protocol at the swim school.

I carry the past months with pride as I look upon the sheer grit and determination from our team to offer the best service we possibly could. We have each grown personally through this experience and when a team has a common goal and vision, what positive results it can bring. We were ear marked by a swim school marketing company for our inspiration, interviewed and this has been shared worldwide.

As with school teachers, who would have thought that Teacher Angie would be taking swimming lessons on Zoom....well that she did! What an incredible experience for her and the kids, just seeing and being in contact with each other, sharing fun and laughter, exercising together, playing games and of course learning how to swim. Thank you Teacher Angie for your immense passion and efforts and to the parents for their support.

The new season will place the continued emphasis on quality coaching for all swimmers. Swimmers are continually assessed by Teacher Angie. Formal grading and assessments will be done twice this season during the months of November 2020 and May 2021. The "Swim Star" Awards week will follow when certificates are ready.

Teachers Angie encouragingly works with swimmers to build their water confidence; assist them to break through barriers and adversity that lay before them in the learn to swim process. Teacher Angie offers our little ones innovative teaching methods and is an energetic, creative professional who loves being in the water and teaching children and adults how to swim.

The 2020/2021 season will be effective from 1st August 2020 to end July 2021. Please be kind enough to make your annual registration fee payments of R350 per swimmer into the Aquarius Aquatics Account by no later 3rd August.

Many animals are born with the ability to swim, but humans must learn and practice before being able to swim with ease. Some people never learn how to swim, which often causes them to fear water. Learning to swim is important for several reasons, and mastering this skill can be done at any age and will benefit you throughout your life.

I encourage families to keep their children enrolled in the LTS Programme to ensure that they build water confidence, water safety and the skill of learning how to swim. Knowing how to swim is certainly a "Gift for Life".

Our team look forward to working with all our little ones again this season. Each child is unique and special to the team.

Thank you for your continued support.

Kind Regards  
Christopher Langley



# Continuing to Learn Out of the Water

## Aquarius Aquatics Aqua Strokes Programme

### Zoom Session - The importance of staying in touch with your team

Our training and competitive race season came to a abrupt halt during the middle of March 2020.

I'd like to turn the clock back to that time for a moment .....The Aquarius Aquatics team, on Sunday, 15th March had just competed in the Wahoo Level I Junior Medal Gala at the Wahoo Aquatics Centre. It was a series of several galas through the season from September and culminated in a medal championship in March.

What pride Coach Kyle, Julie and I carried that day. The growth and progression in our swimmers in one season has been phenomenal. Our swimmers approached their races with driven confidence and passion for their sport. Times tumbled as swimmers achieved many PB's. The team won 23 medals at the championship gala and we placed 2nd overall. A very big congratulations to you all!! What a proud day for us all! The progress of swimmers who did not participate has not gone unnoticed. Your commitment and keenness to learn has been outstanding.

Thank you to all our squad parents for their enthusiastic support. The team camaraderie amongst parents and swimmers shine through.....an ethos we wish to be forever present as we grow and progress each season.

The sudden threat of COVID-19 and the lockdown that followed spiralled concern and panic throughout the swimming fraternity, just as National swimmers were preparing their readiness for the national events, part of the SSA Tournament Programme. The disappointment to us that our door had to be closed was devastating to Coach Kyle, Julie and I.

It was a time to let our team know we were here for them!

As a Management / Coaching team we put together our experience and resources and set about formulating a structured learning programme for our swimmers via Zoom.

We needed to keep our team together...we needed to keep their hunger to succeed and focus on growth in the sport structured. Our swimmers definitely needed to learn about the "bigger picture" in swimming, learn more of the in-depth fundamentals of swimming. Zoom sessions were detailed workshops on: stroke rules, stroke drills and how they work together; Starts & Turns; Nutrition; Gala Etiquette, online classroom and individual trivia pop quizzes and test your knowledge questions to dry land and fitness training on line. The team has embraced the learning content and each member now has a more solid understanding of the sport they have such a passion for. An Aquarius Aquatics Social Hub was set up on Discord for classroom style teaching and to allow swimmers to interact with each other, watch training videos, load their own music choices for the dry land sessions. It was also a communication portal with their Coaches.....Junior and Youth Squad Swimmers have just completed their "Shoot For The Stars" Goal setting and Zoom session meetings are in progress with each swimmer with Coach Kyle. Setting goals helps trigger new behaviours, helps guide your focus and helps you sustain that momentum in life.Goals also help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve upon something that you don't properly manage. Setting goals can help you do all of that and more. A big thank you to Coach Kyle for his professional and informative Zoom workshops. Thank you to our clients for your support and trust in our methods during the lockdown period. It has been wonderful to receive such positive feedback from you. We are managing to keep the love of swimming alive in our swimmers during the lockdown:)



# Continuing to Learn Out of the Water Aquarius Aquatics Aqua Strokes Programme

## The Birth Of new Swimming Club In The Northern Suburbs of Johannesburg

We have a very special team of parents and swimmers in our Aquarius Aquatics Aqua Strokes Programme. We wanted to share this and in the early stages of the lockdown put together a "Baton Of Hope" message to our teammates, families and the rest of the swimming community. Feel free to click on the link to watch this special moment:  
<https://www.facebook.com/322375491248777/posts/1585658328253814/>

No one contemplated the length of the closure and after many months swimming was finally granted permission to proceed by the government under very strict protocol guidelines. We await ADvTECH to allow swimming clubs based on their premises to return to training. We are also in communication with other venues to secure some lane space.

Julie, Kyle and I have held in-depth discussion as to the best way forward for the Aqua Strokes Programme and its core group of swimmers. Whilst club registrations may be relatively small to start, we feel in order to retain our swimmers and carry their swimming through under our swimming brand, our next step is the formation of Aquarius Aquatics Swimming Club. This will promote the growth and upliftment of performance in their school and club swimming and provide a clear and coherent structure to support all young people to move freely between school and community club aquatics.

Aquarius Aquatics Swimming Club has now officially been registered with Aquatics Gauteng and Swimming South Africa. Swimmers must start at Level 1 and then meet time standards to progress into the next level of competition. From SSA Level 2 swimmers then compete in the SSA national competitions programme. There are National Competition Rules and qualifying times criteria (as set down by SSA) to swim at the various levels and further compete at the various National events at the end of the swimming season.



The formation of our club is the next step in our squad growth and journey of the Aquarius Aquatics Aqua Strokes Programme. The squad season will now run in alignment with the SSA competitions programme (May to end April of each season). I am confident that the registered swimmers are ready for this challenge. Coach Kyle and our team is looking forward to the season ahead.

“This very moment calls for you to rise to the test and show your challenges what you are truly made of.”— Edmond Mbiaka

Our team carry themselves with pride amongst the community. This is an exciting stage of development for a swimming brand such as ourselves. The birth of a new swimming club in the Northern suburbs of Johannesburg will offer further opportunity for the growth off the sport.

Aquarius Aquatics is passionate about people who wish to improve and are doing their best to “Ultimately become the Best That They Can Be”. No one is ever too good to learn. We aspire to let scholars, athletes and their families see and feel our passion for the sport of swimming whilst learning from our instructors.

“Always believe in yourself and always stretch yourself beyond your limits. Your life is worth a lot more than you think because you are capable of accomplishing more than you know. You have more potential than you think, but you will never know your full potential unless you keep challenging yourself and pushing beyond your own self imposed limits.”— Roy T. Bennett, The Light in the Heart

It has been a season thus far of immense challenges. Thank you to our parents and swimmers for their support. You each have many years of swimming ahead of you; the work we have done with you on Zoom will help set the ground work for you. Nothing you have learnt out of the water is wasted.....it will only enrich your swimming experience as you aspire to reach your dreams!

**Kind Regards**  
**Christopher Langley**