APPLICATION FOR
INDEPENDENT STUDY FOR PHYSICAL EDUCATION

For the coach

Briefly describe your program including such things as goals, objectives, methods of evaluation, and/or methods of advancement. Please use additional sheets if necessary.

Lakeridge Swim Team is a registered USA Swimming competitive swim program which focuses on several specific goals, the first of which is the personal growth and development of each swimmer as an individual. With this in mind, we pay special attention to the unique goals, abilities, and progress of each swimmer, while using the sports arena to facilitate not only one's athletic goals, but also the social and character (i.e. discipline, victory/defeat, motivation, etc.) aspects of being involved in sport. We emphasize proper stroke technique at all levels and abilities, as this is the foundation upon which personal improvement is based. From this base, interval training is used as our primary means of conditioning, along with "drilling", which is used for technique change and enhancement. The combination of intensive technique work and rigorous interval work, totaling from 4,000 to 7,000 yards per practice contributes to our swimmers being extremely fit athletes. Additionally, we offer dryland strength training (i.e. Nautilus) for the older swimmer who chooses to excel. Swimmers compete in approximately one practice meet per month, with training geared specifically for 2-4 championship meets per year. Within our training framework, we also educate the swimmers with both nutrition and stretching practices. Workout/competition performance is used for both evaluation and advancement. Above all, we work to instill the love of swimming regardless of one's ability and recognize the importance of each swimmer being first a student.

As a coach or instructor of the above student, I have read and do understand the requirements needed to earn a credit in Independent Study P.E. We agree to directly teach and supervise the student a minimum of five hours per week and are willing to fulfill our part of these requirements.

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Date Coach's Signature