# **Swim Whisperers Toolbox**

#### **AREAS OF FOCUS**

STRATEGIES FOR ROADBLOCKS

- Action
- Discovery
- Adapting
- Physical limitation
- **Transitions**
- Equipment
- Decision making
- Self-awareness
- **W** Well-being
- Independence
- Modifications

- Safety
- W Water Properties
- Interpreting Touch
- Managing Successful Submerging
- W Ways of Processing
- Having Body & Breath Control
- Inability To Go On Their Back
- Seeking Sensory Input
- Problems Following a Plan
- Engagement and Interaction Difficulty
- Reactive (Over / Under)
- **Excessive Drinking**
- Rigidity (Swimmer / Instructor)
- Stroke Performance



#### Swim Goal from your swim



#### Swim Skill Benchmarks

## **Identify**

- Road Blocks
- Area of Focus



## Address Challenges

- Strategies
- Techniques





**Online Training** 

SwimAngelfish.com



# **Swim Goal** from your swim curriculum



## Swim Skill Benchmarks

## **Identify**

- Road Blocks
- Area of Focus



## Address Challenges



- Strategies
- Techniques

Swim Whisperers Formula for Success.



