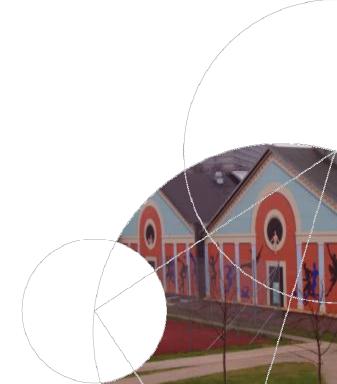
Faculty of Science

Danish Elementary Swimming

Or why the first step in Denmark is <u>not</u> to teach strokes...

Nikolai Baastrup Nordsborg, M.Sc., Ph.D.
Associate Professor
Department of Exercise and Sport Sciences
University of Copenhagen
Denmark
nnordsborg@ifi.ku.dk

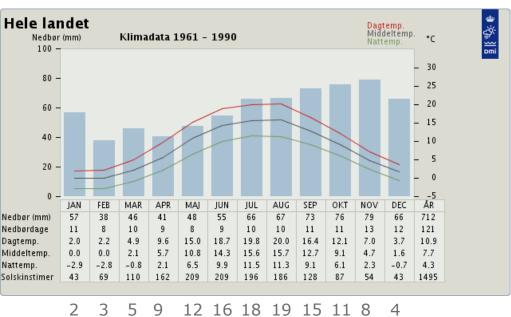




Danish Swimming Federation

www.svoem.dk

Denmark







Why do children start to swim – why do they start to play soccer?



Born each year: 65.000 children

Members < 19 years, Swimming: 96.000

Waiting list: ~5-10.000 children





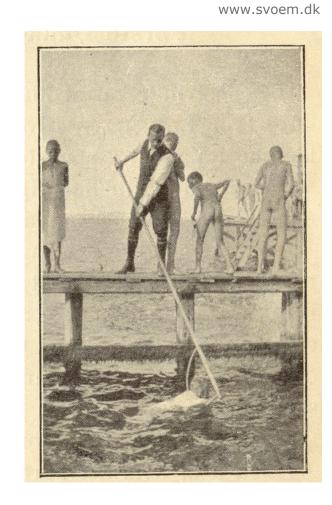


Dansk Svømmeunion Danish Swimming Federation

The "old" way – Learn a stroke!



Fig. 16. Fra den store Kapsvømning. Kun een af dem springer rigtig ud. Hvor er hun? Hvem af dem faar »Plaster«?





Danish Swimming Federation www.svoem.dk

Is there a problem? The story of 2 children...







Is being a safe swimmer and an efficent swimmer the same?





Training years



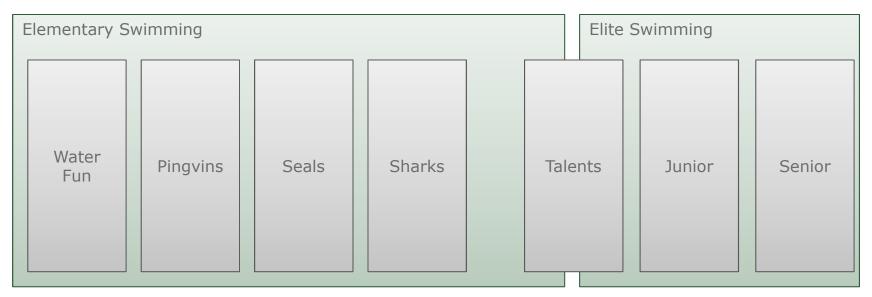


Danish Swimming Federation

www.svoem.dk

The Danish culture in 2011

The Swimming School



 \sim 5 – 7 yrs

Under water

Breathing

Floating

Salto

· Lot's of playing

 \sim 6 – 8 yrs

Balance

Propulsion

 Life saving Lot's of playing Svnchro

Diving

 \sim 7 – 9 yrs

Strokes

Lot's of playing

 \sim 8 - 10 yrs

Strokes

Turns & starts

Life saving

Synchro

Diving

Lot's of playing

~9 - 11 yrs

Strokes

Efficiency

Competition

Water play (polo)

Lot's of playing

 $\sim 10 - 15 \text{ yrs}$

Competitive

Strokes

Physical training

Strength

Gymnastics



 $\sim 15 - yrs$

Lifestyle!

• Elite

Aquachamp from the National Swimming Federation



ELEMENT	LEVEL		
Distance	Side - side		10.000 m
Butterfly	15 m		
Backstroke	15 m		
Breast	15 m		
Crawl	15 m		
Medley			
Swimming	Level 1	Level 2	Level 3
Synchro	Level 1	Level 2	Level 3
Diving	Level 1	Level 2	Level 3
Life Saving	Level 1	Level 2	Level 3
Water polo	Level 1	Level 2	Level 3
Aqua Champ	Bronze	Silver	Gold





www.svoem.dk

Example: Swimming level 1

- Tumbleturn (watersalto)
- "Swim" 2 pool lengths
- Pick 3 items up from the bottom
- Jump in the pool from the deck
- Slide in the water from a big plate
- Swim one stroke 15 m



Danish Swimming Federation

www.svoem.dk

So why is the first step not to teach strokes?

Because we are aiming at developing safe and effecient swimmers at all levels!

