

Rotation Method

Like driving a car; same flow of traffic.

Keep moving. Rotate through and queue up along wall or on benches.

The rotation method is ideal for when you have a large class and a facility that does not allow for waves, or total active engagement.

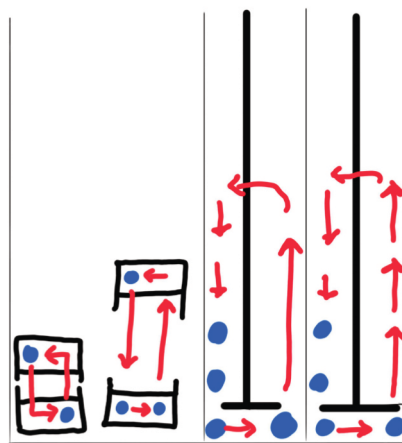
Instead, when the activity or the pool demands, we need to work with swimmers on a one on one basis.

We can speed up that slow One on One process with the rotation method. Here is a quick graphic that basically illustrates the general flow.

The swimmer, or student, goes to the instructor, and then returns to the bench or wall to wait in line until their turn comes up again.

Swimmers move in a general rotation where they will always begin at a certain location, go to the instructor (either with or without help) and then will return to the starting location at the end of the line.

This is generally on the other side of the group from where they began. If you are using a lane in a swim pool look at the graphic above and to the right. The swim instructor would be standing near the curved arrow arching left. There they would provide feedback, and return them to the line to wait and take



their next turn.

One of the biggest benefits of the rotation method is that it can be standardized.

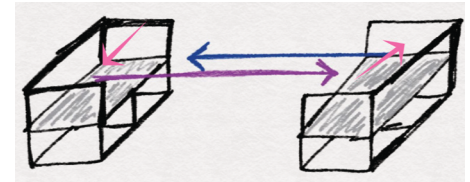
When every teacher utilizes it in the program, every student knows right away what the format will be where they start doing a skill or activity.

There will be no confusion on where the swimmer needs to go, or what to do when they get there.

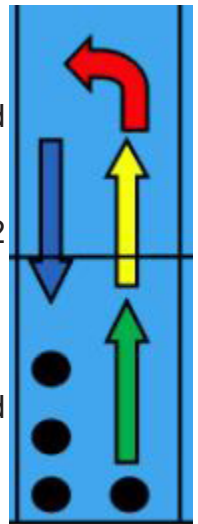
We should generally attempt to use the rotation method for every activity that requires instructor assistance (mostly levels 1 - 2).

Here are some activity examples that should use the rotation method:

- Supported Front glides



- Supported back glides
- Unsupported front glides a short distance (1/2 body length or 1 body length)
- Unsupported back glides a short distance
- Unsupported front glides that transition to supported front crawl arm practice
- Kicking with a kick-board or barbell for beginners
- Jumps from the side with the instructor

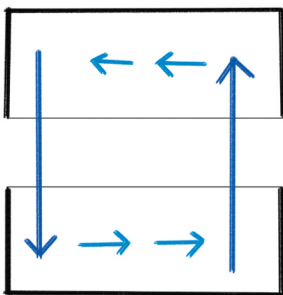


In each example the participant would either go with the instructor from the starting location, or would briefly move to the instructor unsupported and then be supported. Whenever the participant encounters the swim instructor the teacher should give feedback relevant to the activity, and then return the participant back to the class area. They can do this by launching them forward in streamline (arms forward, head down, push off my knee), or by

walking the participant back to the class area and getting them to safety.

If possible, the best option is to send the participant back to the class location unassisted where they do the same activity back focusing on the feedback you just gave them when they got to you.

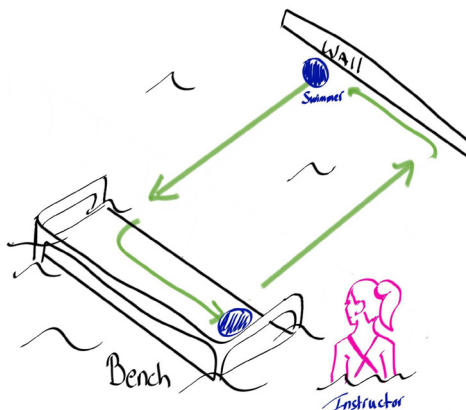
Further variation is putting two benches together and going from Bench to Bench using the same rotation method.



We can even use this rotation method when we have one bench and kids that can stand

in water next to the wall but not further out. Place a bench at about the flags, or 5 yards away, and aim it at the wall.

Experiment with your pool and your unique situation to



keep your swimmers moving as quickly as possible. How can you keep them “rotating through” your activities to maximize action, movement, and attention?

Keep moving!

- Avoid making your swimmers wait for you to say “go.”
- Set up systems where swimmers know to do things 4, 5, or 6 times without stopping.

Circle swimming

- Lap swimmers keep moving. They go down one side and return on the other.
- Take this same concept and shorten the distance.

Move over, and go

- Train the swimmers that they should go once the way is clear. Take your turn, get out of the way.

Discussion Items:

What are some benefits of the rotation method?

Describe a few other ways you can get swimmers to do something to the instructor and then back to the start location, and make sure everyone gets a turn.

Is it okay to not give feedback when a participant returns to the class location, or starting location?

Can two participants go to the instructor at the same time? Can you think of a safe way to accomplish this?