

# TRINITY FELLOWSHIP CHURCH

**Education Ministry since 1994**

Genesis Academy Christian School, Pre-K thru 12th Grade

**Sports Ministry since 1997**

Team Genesis &  
LOVE Swimming

## *Trinity Fellowship Church Sports Ministry Technique Swim Clinics Program Description*

### ***Complete Performance Technique Swim Clinic***

Complete Performance Clinics teach sportsmanship, skill progressions, challenging swim sets, swim training technology, strength training, nutrition, starts, turns, finishes, goal setting, visualization, relaxation and racing strategies as well as leadership. Complete Performance Clinics also address such topics as injury prevention, college preparation and banned substance education for college prep swimmers. Both speed and endurance are our goal for this Clinic is help develop a well-rounded swimmer by emphasizing all four-strokes. This Clinic teaches its swimmers that aerobic endurance is necessary to perform high intensity training required later in their swimming careers. Our goal for this Clinic to emphasize the spiritual processes which solidify our Bible based sports training program along with the physical and mental processes by which swimming knowledge is acquired through perception, reasoning and intuition.

### ***Devotional Technique Swim Clinic***

This Clinic represents the heart and the passion of Trinity Fellowship Church Sports Ministry. We want all of our athletes to have an intimate loving relationship with Jesus. This Clinic allows us to share our faith and our love of Jesus Christ with our athletes and their families. The purpose of this Clinic is to introduce our athletes to Jesus Christ, by creating opportunities to serve through swimming. Our Teams motto is, "I swim for Jesus". Our mission statement is, "Love one another. As I have loved you, so you must love one another." John 13:34. All of us are aware that there are numerous things in this world competing for the hearts and minds of God's children. George Barner, Directing Leader of the Barner Group once said, "It's a race to the heart of a child and the first one who gets there wins." Swimming is a part of our Culture, it is exciting and inviting. Our sole purpose in life is to obey God and serve others, impacting them with the knowledge of Jesus Christ which leads to Everlasting Life. LOVE Swimming provides a phenomenal platform and countless ways for us to meet and share our faith and the love of Jesus Christ letting them know that living God's way makes life productive and fulfilling. It's a great opportunity to share God's covenant to love us, accept us, and forgive us. We inform our swimmers that they only way for anyone to enjoy the benefits of God's promises is to obey Him. We share our faith letting everyone know that when we obey God, we find peace with Him, with others, and with ourselves. True prosperity and fulfillment come as a result of obeying God. God love us and all He wants is a people set apart to worship Him. He love us so much that he gives us the freedom to choose to obey Him because without choice, we would be like prisoners and our obedience would be hollow. At LOVE Swimming everyone is a winner, it's is not that they might be or could be, it is that they are a winner because God made us that way, promising to help and protect us, all we have to do is follow His plan of living. We have plans to conduct 2 Devotional Technique Swim Clinic each year with our inaugural one to be conducted in September 2008. Devotional Technique Swim Clinic is all about: (1) A happy future and (2) The Bible a Book that reveals the knowledge of God.

### ***Dive Technique Swim Clinic***

Our Dive Technique Swim Clinics teach the step-by-step progression skills for the 4 competitive dives; Freestyle, Backstroke, Breaststroke and Butterfly. Emphasis is placed on body posture, positioning and movement and breakout throughout all of the development phases of the dive.

### ***Free Community Outreach Technique Swim Clinic***

The purpose of our "free" community technique swim clinics is to motive and educate swimmers (novice to competitive) through demonstration, instruction and analysis in the four competitive swim strokes; freestyle, backstroke, breaststroke and butterfly.

8144 Terre Bleue Drive \* P.O. Box 345\* Bonne Terre, Missouri 63628

Office/Fax 573-358-7727 \* cell: 573-366-0410

Email: [programs@loveswimming.org](mailto:programs@loveswimming.org) \* Web Address: [www.loveswimming.org](http://www.loveswimming.org)

"Love one another. As I have loved you, so you must love one another". John 13:34-

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## ☐ *Psych Technique Swim Clinic*

Our Mental Preparation (Psych) Technique Clinic utilizes USA Swimming Progressions for Athlete Development Psychological Skills to make up the Clinics psychological domains including arousal control, concentration, self-image, self-talk, imagery and visualization, goal setting, meet and practice behaviors. These skills help the athlete develop the ability to focus on what he or she can control and not to worry about “uncontrollables.” We focus on key swimming terms and terminology especially during the swim workout portions of this Clinic.

## ☐ *Race Strategy & Winning Attitude Technique Swim Clinic (New)*

This Clinic teaches advance race strategies and attitudes for respective competitive swimming events. This is a “Select” Technique Swim Clinic. This Clinic is for pre-competitive and competitive level **“career”** swimmers. This Clinic helps a swimmer to develop a racing edge and proper attitude in their respective competitive swimming events.

## ☐ *Sprint & Speed Technique Swim Clinics*

Sprint and Speed Technique Clinics teach progressive swimming speed and agility. These Clinics are designed for novice, pre-competitive, and competitive level swimmers. This Clinic emphasizes distance per-stroke, the creation of propulsion through sculling and the minimization of drag which is all critical in improving overall swimming speed. A swimmers distance per-stroke will lengthen as their speed improves.

## ☐ *Start & Turn Technique Swim Clinics*

Start and Turn Technique Clinics teach advanced skills to help the swimmer improve their starts and turns. These Clinics are designed for novice, pre-competitive, and competitive level swimmers.

## ☐ *Stroke Technique Swim Clinics*

Stroke Technique Clinics teach progressive and advanced skills in all 4 strokes (freestyle, backstroke, butterfly and breaststroke). These Clinics are designed for novice, pre-competitive, and competitive level swimmers. Our goal for this Clinic is help develop a well-rounded swimmer by emphasizing all four-strokes.

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***These Clinics are for Swimmers age 10 years and older***  
***Please call LOVE Swimming @ 573-358-7727 to ask for pre-approval admission***  
***of swimmers 9 years and younger.***

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***Monthly Technique Swim Clinics are conducted at***  
***All of our Training Sites***  
***And***

***(You do not have to be a member of the Farmington Civic Center or YMCA to participate in***  
***our Monthly Technique Swim Clinics)***

***To Sign-up and Register for our Technique Swim Clinics contact***  
***Coach Alice***

***Office/Fax: 573-358-7727 to register.***

***Email: [programs@loveswimming.org](mailto:programs@loveswimming.org)***

***Web Address: [www.loveswimming.org](http://www.loveswimming.org) for sign-up forms***

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