



# Pods Ink

fall 2011 newsletter

## Letter from Susan

Dear Parents,

Welcome to the 2011-2012 year of Pods swimming!

Parents, thank you for your constant support and belief in the Pods program.

The Pods staff believes in and is committed to helping every child become happy and comfortable in the water while teaching the proper skills to get them there. We are here for all of you and to help your family. I am thrilled to see so many children enjoy the sport of swimming. Your support has allowed the program to grow to 400 swimmers. It is our pleasure to work with your children!

I am so proud to be the director of a program that is helping make Rhode Island and Southeastern Massachusetts a safer place for our children.

All the best,  
*Susan*  
Susan Pascale-Frechette



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## Happenings around Pods:



This fall, Susan, Jamie and Erin attended the United States Swim School Association national conference in Orlando. Erin was certified in the infant/toddler course. We also met with directors and instructors from many swim schools from across the country and internationally who shared their ideas with us-- ideas that will help Pods continue to offer the most current teaching techniques.

One of the topics discussed at the conference was the unsettling statistics on drowning across America. See drowning facts below. We were reminded that no child is ever truly water safe; children still need to be watched in and around pools even though they can swim. We at Pods will continue to work on different skills to help your child in case they fall in the water accidentally. Learning how to breathe while in the water to allay panic and prevent water inhalation, floating, rolling to their backs for a breath, and knowing how to grab the wall are all skills we will continue to work on with every child.

Consistency is the key to progress. It takes years for a child to learn to swim, and every parent has goals for their child. Some parents want their child to be able to swim the width of the pool, others want them to learn Freestyle and Backstroke, and still others want to make sure they will be able to scuba dive and surf one day. Any lessons your children learn at swim school they will take with them for a lifetime.



### DROWNING FACTS:

- Drowning is the leading cause of unintentional injury deaths for children 1-4.
  - Most drownings happen in residential pools.
  - For every child that drowns, four others are hospitalized for near drowning, and as many as three suffer permanent brain damage.
  - 9 out of 10 drowning deaths happen when a caregiver is supervising but not paying attention
- \* Source: NY State Department of Health, Centers for Disease Control and Prevention, Safe Kids U.S.A.

Jamie Pascale is now the Pods Swimming Program Manager. Because of her help, Pods has been able to incorporate a great online registration system. We have also been able to offer many new classes throughout the week.

Pods staff member Billy Wynne made the regional finals for the American Bar Association Law Student Negotiation Competition. Congratulations and good luck, Billy!




In July, Pods Swimming was featured on the Rhode Show. The segment was about water safety for the summer. View the story and video here: <http://goo.gl/JpW7u>

Pods Swimming participated in our annual Halloween Parade at Epoch. It was a great event for the residents of the Epoch community and the swimmers of the Pods program.



**MILESTONES FOR PODS SWIMMERS:** In the spring at our semi-annual distance swim, 4 year old Natasha Paolino swam 500 yards of freestyle-20 laps with a kickboard and fins. We're so proud of you, Natasha! Within six months of joining Pods, 4 year old Alyssa Rosario went from being afraid of going under water to swimming 2 lengths of the 20 yard Healthtrax pool on her back independently. Well done, Alyssa!

 Pods is posting weekly information on the Pods facebook page. If you haven't already done so, become a fan of Pods swimming!



## Good reads

### *Fear or Adjustment?*

By Karen M. Reilly-Martin,  
SwimMasters of Delaware,  
Inc.

“Children are not born with fear, it is created and developed. A child does not know what things are dangerous or that they could get hurt unless it is told to them. Learning to swim is like any other new experience, whether it be a babysitter, daycare, going to school, visiting the doctor or any change of plans/routine. It is an unknown activity and involves unknown persons.”

To read more go to:

<http://www.hubbardswim.com/docs/FearorAdjustment.pdf>



If you have any questions on your child's class schedule please refer to our calendars section on our website for exact dates, times and locations.

<http://www.podsswimming.com/class/classinfo.html>



## Staff spotlight: BILLY WYNNE

Billy Wynne started swimming for Pods at the age of 6, when the program was part of Ocean State Squids, and became the first swimmer to go through the entire Squids program.

Now at the age of 23, Billy is currently enrolled in New England School of Law. He was in the top 20 of his class after his first year. Billy has also been a member of the National Ruby Team.

*“My experience with Squids instilled within me a certain discipline, dedication, and work ethic that I use even today as a framework to achieve Goals. Pods has a similar feel to Squids. Like Squids, Pods is a close knit community that provides its swimmers, not only with the ability to safely and confidently interact with the water, but also some of the best stroke technique in New England. I count myself lucky to be involved with such an amazing organization and look forward to doing so for as long as possible.”* Billy is committed to Pods swimmers, and hopes to instill these same values within them.

## Class make-up policy:



Pods Swimming has had a make-up policy in place since the origination of the Pods program in September 2007. The guidelines haven't changed. Any make-up class is at the discretion of the director.

This fall we have had many questions after families signed up. We are unable to hold your spot for any reason, as we have a long waiting list for children wishing to join. We are unable to credit you for voluntary absences such as vacation.

Staff and pool time is planned and allotted specifically based on registered attendance for each class. At the director's discretion, we may discuss make-up classes in the case of illness or other extenuating circumstances. For a more detailed look at our make-up policy, please visit <http://www.podsswimming.com/faq/faq.html>. Thank you for your continued understanding in this matter.

## Staff notes

Pods has had many swimmers who were part of the Squids program or the Pods parent organization, and who have recently joined the Pods staff. All of these new Pods staff members want to give back to the community that they loved and hope to carry this tradition on to current Pods families.

*“I learned how to swim through Pods when I was little. Not only was it fun, it was productive. Pods provided me with many opportunities throughout my life and still does. I joined Pods because I wanted to do the same for others.”*  
- Chris Kuo-LeBlanc, New Instructor

There are many new faces amongst the Pods staff this fall. We would like to welcome all of the new Pods staff and well as the Pods apprentices: Amy Tiernan, Emily Dench, Sam Spurrell, Christopher LeBlanc, Gabe Ibarra, Kara Ibarra, Latroya Pina, Jon O'Connell, Kirby Marshall, Jamie Behan, Shannon Vallande, Kendell McGill, Emma McMillian and Liz Falkner. We're grateful to have you on board!



*“As parent of two swimmers in the Pods program, I am excited for the values that my children are learning by being a Pods swimmer. Not only were they able to enjoy a fun and happy summer at the beach, lake and pool, but they have learned to wait their turn, follow directions and try their best to keep improving. These are invaluable life skills for which I thank our Pods staff!”*  
--- Susan Pascale-Frechette, Director pods swimming

