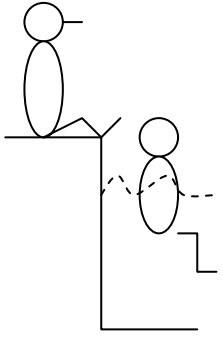
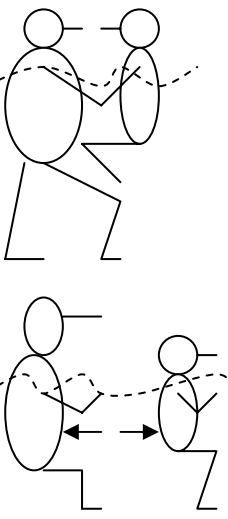
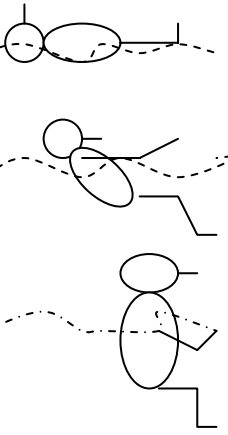
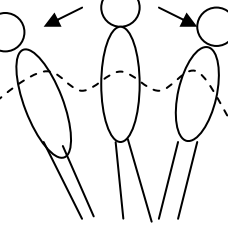
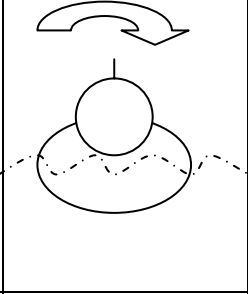
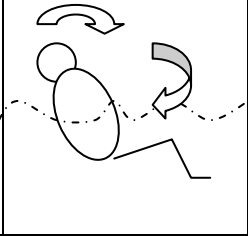
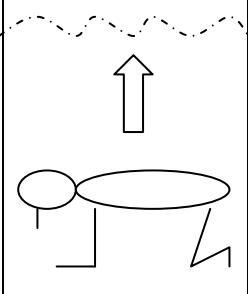
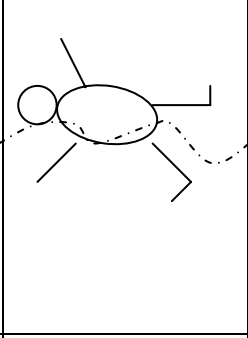
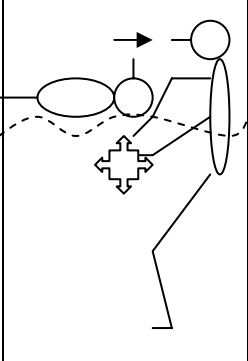
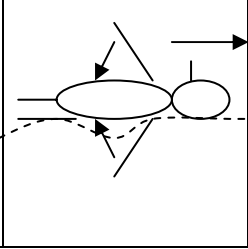


The Ten Point Programme

<p>Point 1</p>	<p>Mental Adjustment</p>		<p>Being able to respond appropriately to a different environment, situation or task. The learning of breath control is an important aspect of this work. <i>(IHA, 2000)</i> One such example is adjusting to moving in water compared to moving on the side of the pool</p>
<p>Point 2</p>	<p>Disengage- ment</p>		<p>An ongoing process throughout the learning by which the swimmer becomes physically and mentally independent. <i>(IHA, 2000)</i></p>
<p>Point 3</p>	<p>Transversal Rotation Control (formally Vertical Rotation)</p>		<p>The ability to control any rotation made about a fronto-transversal axis. <i>(IHA, 2000)</i></p>
<p>Point 4</p>	<p>Sagittal Rotation Control</p>		<p>The ability to control any rotation made about a sagitto-transversal (anterior/posterior) axis. <i>(IHA, 2000)</i></p>

Point 5	Longitudinal Rotation Control (formally Lateral Rotation)		The ability to control any rotation made about a sagitto-frontal (longitudinal) axis. (IHA, 2000)
Point 6	Combined Rotation Control		The ability to control any combination of rotations. (IHA, 2000)
Point 7	Upthrust		Trusting the water will support you. Sometimes called 'mental inversion' (because the swimmer must invert their thinking and realise they will float and not sink). (IHA, 2000)
Point 8	Balance in Stillness		Floating still and relaxed in the water. This is dependent on both mental and physical balance control. When balanced, other activities can be performed more easily. (IHA, 2000)
Point 9	Turbulent Gliding		A floating swimmer is moved through the water, by an instructor, without any physical contact between them. The swimmer has to control unwanted rotations but makes no propulsive movement. (IHA, 2000)
Point 10	Simple Progression and Basic Swimming Movement		The development from simple propulsive movements made by the swimmer to a stroke which may be individual to each swimmer. (IHA, 2000)

Illustrations: (Maes, 2000)