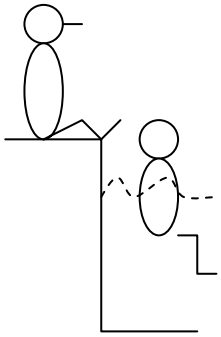
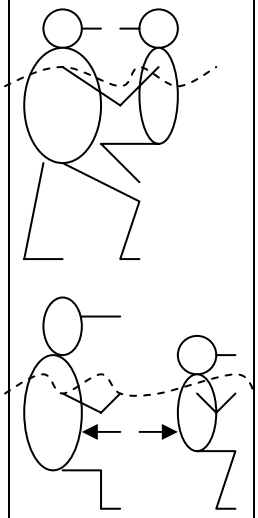
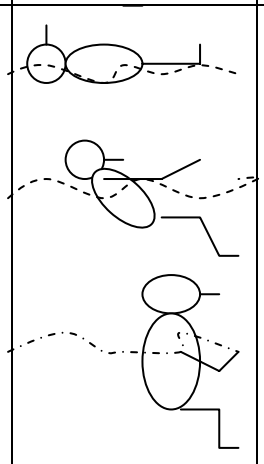
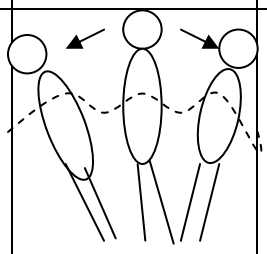
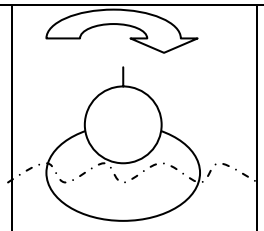
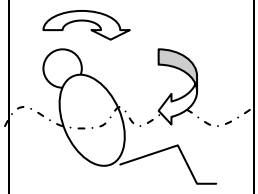
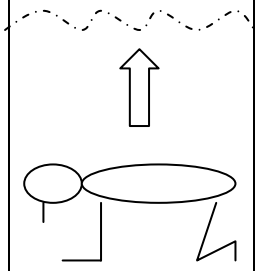
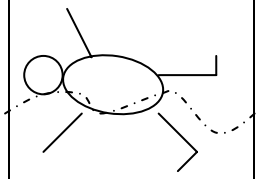
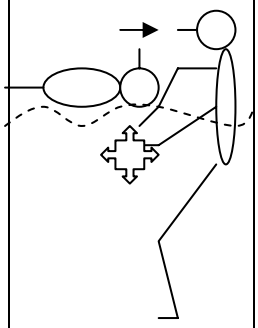
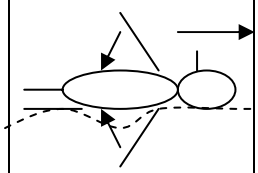
The Ten Point Programme

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

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)			