

Jonathan Plummer **SWIMMING COACH**

Swimming Experience:

Fifteen Years Competitive Swimming

Swam in Three Competitive Leagues-High School, YMCA, and USA Swimming

Regular Competitor in Nationals Swimming Competitions

COACHING EXPERIENCE

Biddeford High School Swim Coach

Thornton Academy Assistant Swim Coach

Northern York County YMCA Advanced Level

Swim Coach and Dry Land Instructor

Roger Williams University Assistant Swim Coach

and Water Aerobics Instructor

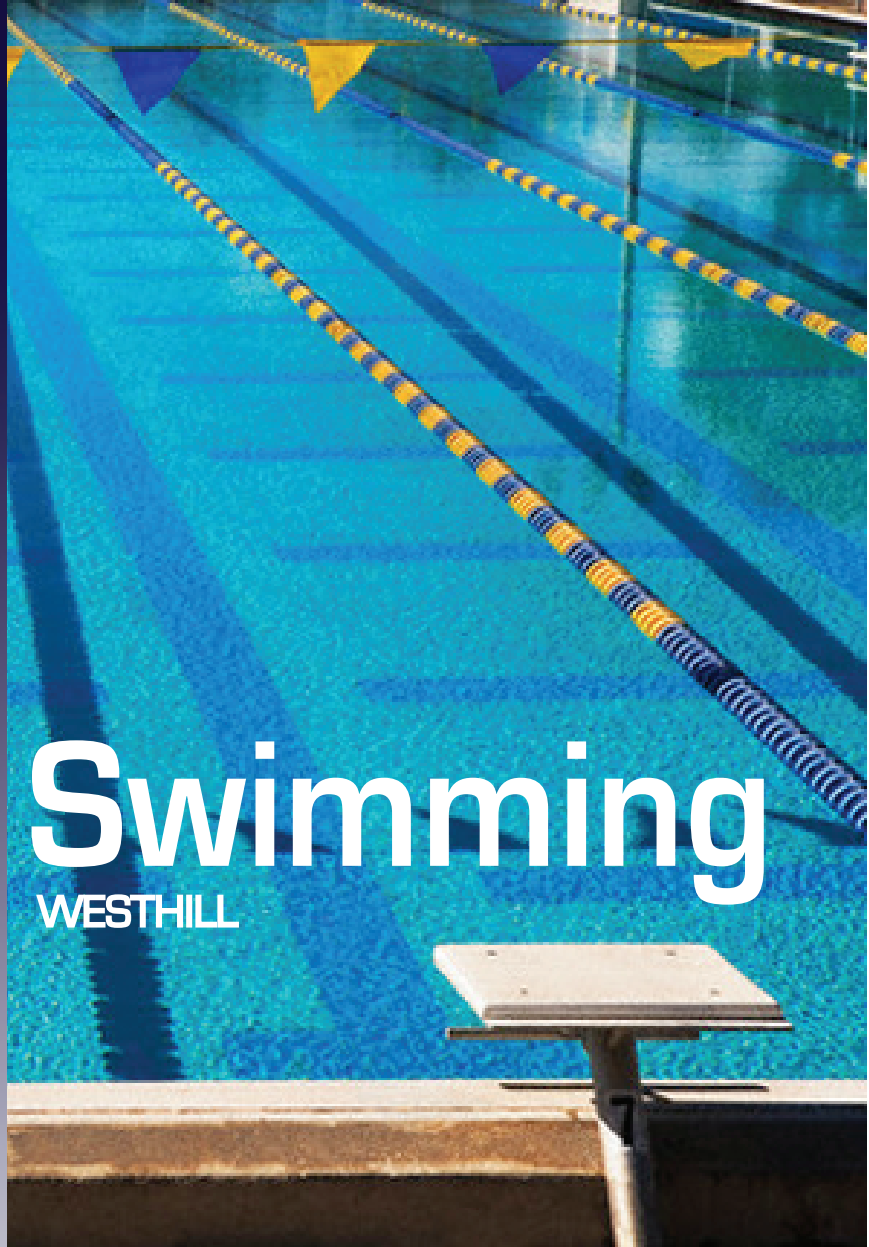
Nine Years Lifeguard Experience

Five Years Lifeguard Instructor

Improve your style, your lap times, and even your inner barriers !

Sign up and enter the world of Westhill Swimming !

2012 SEASON



Swimming

WESTHILL

EDUCATIONAL GOALS

Float and control the body in water

Learn the correct techniques in four styles of swimming

Increase your speed through training

Participate in events and competitions

FORMATIVE GOALS

Dedication and consistency

Tolerance

Self-confidence

Willpower



DISCIPLINE AND PASSION

Achieve acceptable times in each category

Be positive in all interactions with swimmers.

Improve competitive techniques the first period.

Improve tactics in the second period.

Perfect tactics, techniques, and resistance to fatigue in the third period.

Create time charts to classify teams.

Participate in activities for the integration, improved development, and motivation of participants.