

11th Nordic Conference in Elementary Swimming Teaching

Tórshavn - Faroe Islands - 2012 April 20th to 22nd



Practical information

11th Nordic Conference in Elementary Swimming Teaching

Faroeese Swimming Association
 P.O.Box 1329 – FO-110 Torshavn
 Faroe Islands
 www.ssf.fo – ssf@ssf.fo
 Telephone: +298 607 559

www.neg2012.com – neg2012@neg2012.com

Organizing committee:

Call +298 59 75 58
 Office at Hotel Føroyar: Húsastova

Conference hotel:

Hotel Føroyar
 Oyggjarvegur 45
 100 Tórshavn • Føroyar
 Tel +298 31 75 00
 Fax +298 31 75 01
 www.www.hotel.fo – hf@hotelforoyar.fo

Conference center:

Norðurlandahúsið í Føroyum
 Norðari ringvegur
 FO-100 Tórshavn
 Tlf.: +298 351351
 Fax: +298 351350
 www.nlh.fo – nlh@nlh.fo

Emergency calls: 112

Prefix to dial to Faroe Islands: +298

Prefix to participating countries:

Australia:	+61
Iceland:	+354
England:	+44
Norway:	+47
Denmark:	+45
Sweden:	+46
Finland:	+358
Estonia:	+372

Faroeese Tourist Board

Bryggjubakki 12
 P.O box 118
 Fo 110 Tórshavn
 Tel +298 306100
 Fax +298 306105
 visitfaroeislands@mfa.fo
 www.visitfaroeislands.com

Tórshavn Tourist Information

Kunningarstovan
 Vaglið, P.O.Box 379
 FO-110 Tórshavn,
 Tel. 302425
 Fax 316831
 torsinfo@torshavn.fo
 www.visittorshavn.fo

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 www.foroyaprent.fo



Svanamerktur prentlutur 541 705

Welcome to the City of Tórshavn

By Heðin Mortensen, Mayor

It is with pride I welcome so many participants to the 11th and the largest ever Nordic Conference in Elementary Swimming Teaching, this time held in Tórshavn, the Capital of The Faroe Islands.

As most of you know we don't yet have training conditions of world-class standards, but we do have world-class swimmers. And we are looking forward to the day, when our top-class swimmers don't have to switch allegiance to a neighbouring country to be able to compete at the Olympics. But every step brings us closer.

The 11th Nordic Conference in Elementary Swimming Teaching is at hand. Today the Conference begins and as I understand, you have filled Hotel Føroyar, where the impressive view over the city always is a pleasant experience.

Tórshavn, the capital of the Faroe Islands, is one of the World's smallest capitals. Nevertheless the city offers all that a major city or capital does, various cultural and sports activity, a diversity of high street shops, a vibrant business community, and hotels, restaurants and much more. Tórshavn is thus a modern city that is continuously developing and growing.



Even though the capital is a modern city, there are many living reminders of old days that bring a unique energy to the more historical sections of the town. In Tórshavn, the old and the new rub shoulders all the time, especially in the city centre where it is still easy to find yourself standing on stones tread by Viking chieftans a 1000 years ago.

We sincerely hope you'll all get an instructive and useful advantage of your stay and to each and every visitor, we extend a warm welcome to our Capital.

Heðin Mortensen, Mayor

Official programme

Thursday April 19th

	During the day: Arrival
12:30	Dep. Copenhagen Airport
13:45	Arrival Vágar Airport
14.00-19:00	Check in and registration
19:30	Dinner at Hotel Føroyar for those staying at the hotel

Friday April 20th

9:00	Opening
9:15-10:15	Jens Bruun - Jigsaw Puzzle Planning
10:15-10:30	Refreshment
10:30-11:15	Jens Bruun - Jigsaw Puzzle Planning continues
11:15	Walk to the pool
11:30-12:15	Ilka Keskinen - Lifesaving for children in the pool
12:15	Walk to the Nordic House
12:30-13:30	Lunch
13:30-15:00	Dave Dubois - Carlile Swimming: A Look Inside One of the World's Most Successful Swim Schools - and Teaching Concepts.
15:20-18:20	Sightseeing
19:30	Dinner at Hotel Føroyar for those staying at the hotel
21:00	Speakers Corner, at Hotel Føroyar – Everybody joins in!



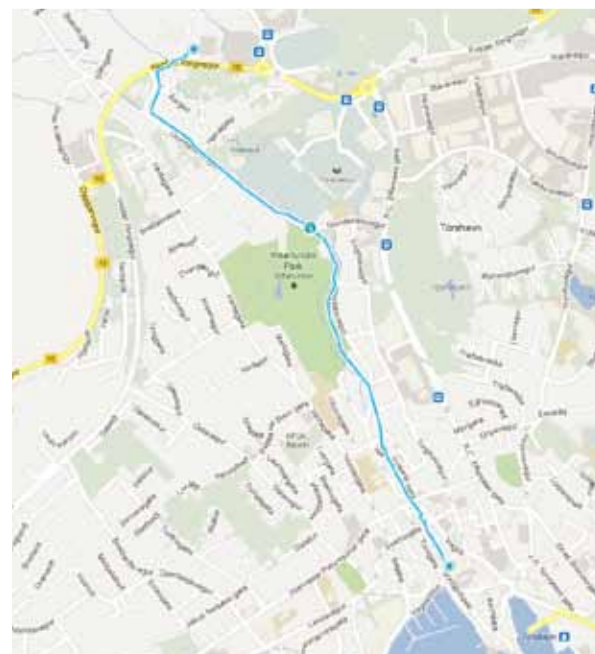
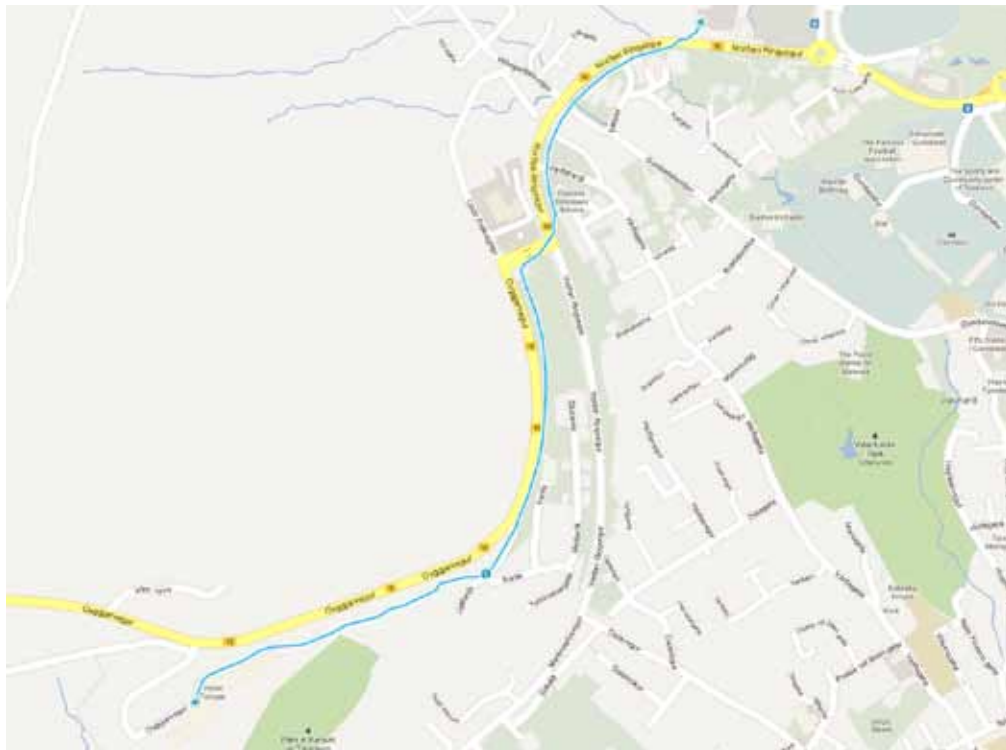
Saturday April 21st

8:45-10:15	Dave Dubois - Swimming teaching in Carlile Swimming - teaching concepts summary. Teaching through play
10:15-10:30	Refreshment
10:30-12:30	Dave Dubois - Stroke presentation - Freestyle and backstroke
12:30-13:30	Lunch
13:30-15:30	Dave Dubois - Stroke presentation - Breaststroke and Butterfly
15:30-16:30	Dave Dubois - Class Management Behaviour
16:30-16:45	Walk to the pool
16.45-18:00	Dave Dubois pool practice - freestyle, organisation and movement, question time
18:15	Transport to the Hotel
19:15	Transport to Official Dinner
19:30-24:00	Official Dinner all participants - Enjoy life with the Faroese

Sunday April 22nd

8:45-9:45	Pálin Olsen & Rúni Gaardbo - Play and games in the pool
9:45	Walk to Norðurlandahúsið
10:00-10:45	Ingi Thor Einarsson: Swimming for disabled
10:45-11.00	Refreshment
11.00-11.30	Hafthór Gudmundsson: Learn to swim - an online education
11.30-12:00	Conclusion
12:00-13:00	Lunch
13:00	Transport to airport
14:45	Departure
18:05	Arrival Copenhagen Airport





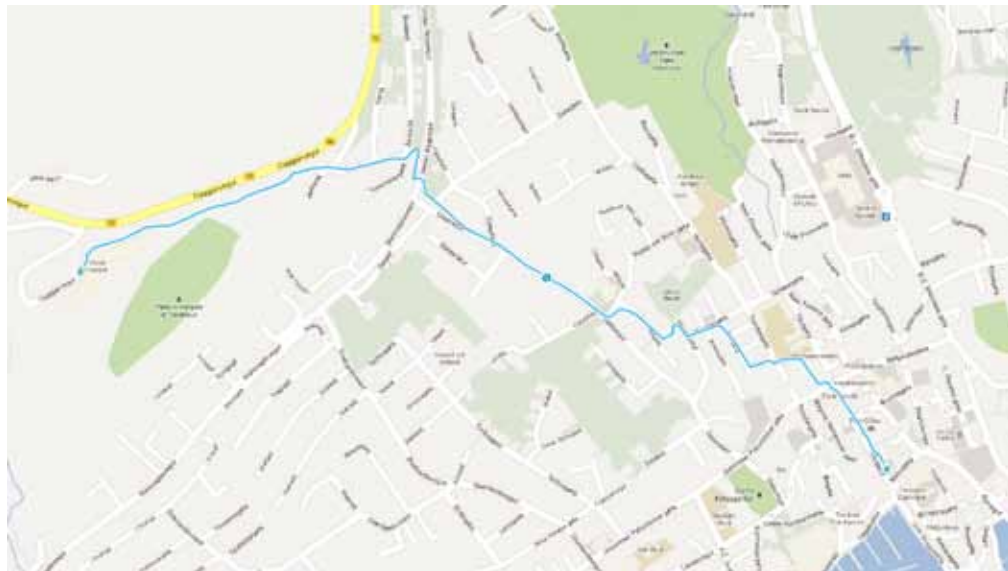
Walking routes at the Conference:

Above:

Hotel Føroyar to Nordic House
1.490 meter, approx. 15 min. walk

Left:

Hotel Tórshavn to Nordic House
1.750 meter, approx. 19 min. walk



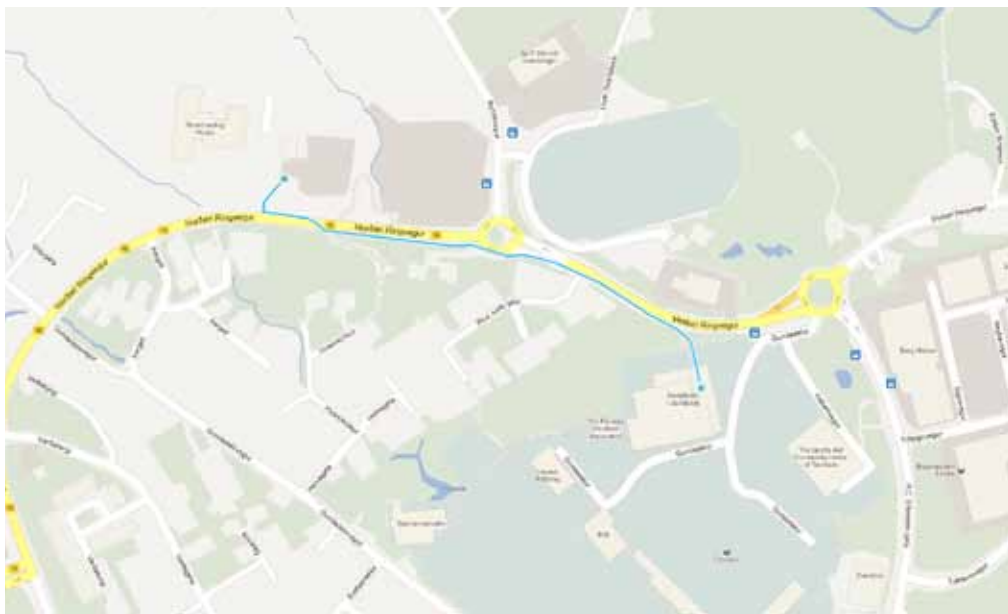
Walking routes at the Conference:

Above:

Hotel Tórshavn to Hotel Føroyar
1.800 meter, aprox. 20 min. walk

Below:

Nordic House to swimming pool
480 meter, aprox. 5 min. walk



Speakers

Dave DuBois

With over 20 years learn to swim, Dave has experienced all aspects of the industry from teaching, to management, to large scale systems development. However, he always considers himself a teacher at heart.

After 15 years with the Australian Swim Schools in Orange County, California, Dave established Water Works, the only full time learn to swim focused consultancy in the world. Over an 8 year period, Dave provided services to leading swim schools and swimming organisations around the world. These services included program evaluation, curriculum development, training process and systems development, keynote presentations and on site training delivery.

While the majority of Dave's customers were in the United States, Australia and New Zealand, there were also long term relationships with client's in Scandinavia (Sweden, Norway, Finland, Denmark), Mexico and Singapore. This diverse international experience has provided a unique understanding of the world wide learn to swim environment and market and added to his evolving archive of learn to swim solutions which he brings to each project.

Dave's degree in Visual Communications has provided unique perspectives



on the marketing and commercial side of the business, while also giving him the skills to produce training materials for various projects.

Also involved with the NSSA since its inception in the late 80's (now known as the US Swim School Association) he assisted in the development of the Infant/Toddler Swimming Course, an education program offered for teachers of infant and preschool aquatics. Through this role Dave helped to promote aquatic education, especially in regard to infant swimming.

Dave also led the initial Swim Tour in 2001 sponsored by Swim Australia and continued as the featured presenter until 2007. This annual national speaking tour offered top quality professional development to swim schools around Australia. The event visited more than 18 cities and had thousands of attendees.

In 2003 Dave was recognised as a Guiding Light by the US Swim School Association, acknowledging his contribution and leadership in the industry. 2004 saw the Australian Swimming Coaches and Teachers Association recognise him as the first overseas recipient of the Meritorious Service to the Teaching of Swimming in Australia.

In January 2008, Dave accepted the role of Head of Learning & Development with Carlile Swimming. The Sydney, Australia based organisation currently

operates 12 locations in New South Wales and Victoria, and will be opening a location in Northern Virginia, USA early in 2011.

Dave loves being part of the learn to swim community, working to improve the experience for all those involved. Dave lives in Burleigh Heads on Australia's Gold Coast with his partner Janine.

<http://www.carlile.com.au/>

Jens Bruun

Jigsaw Puzzle Planning

Take your overall goals and split them into various skills and types of activities. Write exercises for each skill and activity, building from most easy to most difficult. Cut all the exercises into puzzle pieces and spread them on a time schedule.

On the conference I'll show some benefits of this method and experiences working with it.

Jens Bruun has been coaching and teaching on all levels for 26 years. Since 1994 involved in the educational programme at Danish Swimming Association. Editor and co-author of *Moderne Svømning* [2001]. Constantly looking for ways to make kids have fun with water.



Ilkka Keskinen

Life saving with noodles using problem solving method

It's not easy to find a person whose work and hobbies are as much tied with water as Ilkka's Keskinen are.

Ilka is a lecturer in Jyväskylä University in Jyväskylä, Finland and his main teaching field is aquatics.

At the Conference Ilkka will also show his Photo Exhibition, Atlantis

As a photographer Ilkka Keskinen (born 1952, Finland) started his career in documentary photography during 1970's continuing with subjective and night photography.

Ilkka Keskinen started to explore underwater photography in mid 80's and has achieved lot of publicity with his



surrealistic style in Finland and abroad.

He has exhibited over 20 solo and numerous group shows.

Atlantis, statement about work:

With my photos I express the feelings which arouse when you go underwater. You can describe those feelings with numerous words: beauty, harmony, silence, weightlessness, fear, danger, drowning, and death.

Underwater world fascinates both kids and adults; unknown world is waiting for everyone to discover its secrets.



Rúni Gaardbo & Pálin Olsen

Play and games in the pool

Why play, when kids are supposed to learn how to swim. We going to show you different games/activities at different levels in the pool, reaching the goals of fun, learning and safety for everyone.



Ingí Þór Einarsson

Swimming for disability

The topics of the lecture will be:
The challenges in teach disable persons to swim, with different kind of disability.
Competition spectrum for disabled swimmers
Classification of disable swimmers
The importance of PE teachers or school swim instructors for development and recruiting of disabled

Hafþór Guðmundsson

On-line learning for swimming Teachers and Coaches

There are out now new ways of become educated swim teacher/coach. All the theoretical knowledge you need to become a good teacher/coach is now provided at your fingertips. You can view fantastic videos to demonstrate the correct technique of swimming and get all the latest tecnical knowledge from International swimming coaches, experts and scientist.





Nordic Education Group

Carola Sjödin,
Sweden – Chairman



Jorun Eið
Johannesen,
Faroe Island



Hafþór
Guðmundsson, *Iceland*



Tore De Faveri,
Norway



Ilkka Keskinen,
Finland



Lene Borchersen
Madegaard, *Denmark*



Organizing Committee

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