

# Archive

### for Learn-to-Swim Program Directors & Professional Swimming Teachers

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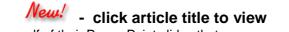
Categories January 1, 2010

- 1. Teaching
- 2. Learning
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- 11. Educating Parents, Caregivers, & the Public
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Some articles are listed in more than one category

See also:

- presentations from past WABC conferences
- WABC Focus newsletters

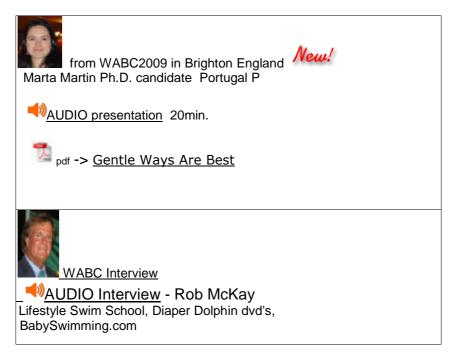


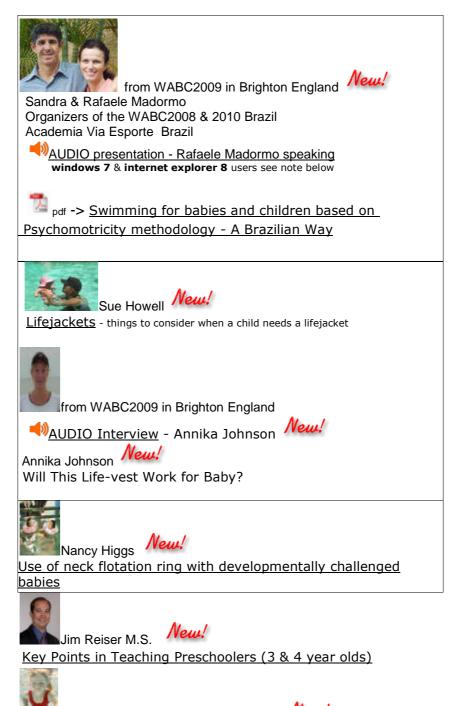
click also the + pdf of their Power Point slides that may accompany text or audio recordings.

#### \*IF and only if you are using windows 7 or windows internet explorer 8 take note . . .

when you click to play AUDIO presentations or interviews you will get a warning message (Microsoft's way of 'helping & securing you') asking if you want to <u>save</u> the file. Since it is a good file and from WABC and secure...yes, click save. Might take a min. or two to save..then it will ask if you want to open...yes, open. It will play using your default audio listening program. Minimize and you can do other work as you listen. Vista, XP, OS and older versions of Internet Explorer as well as Firefox take you right into listening. Problems? email WABC <u>Office@WABCswim.com</u>

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Maskell, Schrock, Reiser, and Strauss <u>Things that have improved my program - both teaching &</u> <u>business.</u>



Lana Whitehead Early Water Stimulation



Making a Non-Profit Organization to Support Swimming Scholarships

S Kerre Burley

Accelerated Learning for Infant Aquatics - Australia + presentation slides pdf file



Steve Graves Pediatric Perspectives - A Look at AAP Concerns About What We Do

presentation slides pdf file



Kathy McKay <u>A Circle in A Square—Zen and the Art of Baby Swimming</u> + presentation slides pdf file



Rob McKay <u>Building the Stage Around the Show The Holistic</u> <u>Approach to Baby Swimming</u> + presentation slides pdf file



Ed Pemberton Positive Parenting Through Water Instruction presentation slides pdf



Terje Stakset <u>A Very Gentle Start and Superman</u>

Robert Strauss Hearing, Breathing and Body Balance: FIRST Extremities and Eyes: LATER



Ally Todd M.A. Zealand Swimming To Learn - The Active Movement in Water Approach in New Zealand + presentation slides pdf file



Lana Whitehead <u>Sensory Integration and Swimming</u> Jackie Young <u>SWIMBABES presents love in any language!</u> also <u>Why Teach Infant Toddler Swim Survival Safety</u>

### **1.** Teaching

teacher	
level	

# <sup>r</sup> Author Last Name, First Name Title - click the title to view

ADAPTIVE - SPECIAL NEEDS AQUATICS			
Fall, Wally	Adaptive Aquatics - excerpts		
Kennedy, Kris	Working With Special Need Students		
Nolan, Catherine Veronica	The Value of Inclusion		
Revel, Tracy Stouse	Parents: An Obvious But		
	Overlooked Key Element in a		
	Youth Adaptive Aquatics Program		
BABIES & YOUNG CHILDREN			
Ardell, Don Ph.D.	<u>On Rob McKay's Gentle</u>		
	<u>Journey</u> Approach		
Autti-Rämö, lona MD	From Understanding Infant		
	Reactions to Secure		
	<u>Attachment</u>		
Beal, Anne , M.D.	Soothing Cry Babies		
Barrera, Marla	The "How To" of An Easy		
	Breathing Swimmer		
Cisneros, Lulu	Teaching Children Under the		
	<u>Age of Three</u>		
Flahive, Ginny	Six Step Baby-Swim Program		
Goksor E; Rosengren L; & Wennergren G.	Bradycardic response during		
	<u>submersion in infant</u>		
	swimming		
Heumann, Judy	Swim Lessons: Safety No		
	<u>Accident</u>		
Hudson, Judith Ph.D.	How to Discipline a Toddler -		
	<u>a few techniques</u>		
Kennedy, Kris	Use of Sinking Toys		
Kennedy, Kris	Learning Equipment		
Langendorfer, Stephen PH.D.; German E.	Aquatic Games and Gimmicks		
& Kral, D.	for Young Children		
Mance, Jim	Orienting Children to Water &		
	Swimming Lessons		
McKay, Kathy	Water Parenting		
McKay,Rob	Swimboree Under Three		
	Years of Age		
McKay,Rob	Teaching Tips in Working with		
	Under Three Year olds		
McKay,Rob	Teaching from the Heart		
	using your Head:		
	an Interactive Curriculum for		
Deser Karl C. MD. DED	the Whole Child		
Rosen, Karl G MD, PhD	Breath Holding Reflex in Baby		
	<u>Swimming</u>		

Rosengren, Ludmilla Dr.	<u>Reflexes and</u> <u>DivingNecessary or</u>
Poveton Suo	<u>uninteresting?</u> Water Orientation and
Royston, Sue	Adjustment
Royston, Sue	Progression of Skills - Three
Royston, Sue	to Six Year Old Students
Ruth, Bob	Tips in Teaching Young
	Children
Santos, Carlos	Aquatic Education for Bab
	<u>&amp; Small Children in Risk</u>
Schrock, Peter	Concepts of Running A Safe a
	Effective Class
Shaw, Steven	Alexander Technique and
,	Swimming
Skeens, Beatriz (Bea)	Going Underwater
Snell, Rita	Gross Motor Development
	Infants with Multiple
	<u>Disabilities</u>
Stakset, Terje	From High Tech to High
, 5	Touch in Communication a
	Interaction
Stearns, John	Progressing From Water
	Adjustment to Swimming
Stewart, Craig	Should boys & girls be coache
	the same way?
Strauss, Robert M. Ed.	10 Commandments for
	Professional Swim Teacher
Strauss, Robert M. Ed.	<u>Breathing First</u> also <u>En</u>
	<u>Español</u>
Strauss, Robert M. Ed.	Learn in a Non-Threatenin
	Environment
Todd, Ally	Kick Boards Distort Postur
	and Impede Biomechanica
	<u>Advantage</u>
Whitehead, Lana	Sensory Integration and
	Swimming
Wilker, Anna Marie e	Getting That Necessary
	Breath
Wilker, Anna Marie	In Water Skills for 6 to 18
	Month OldS
Zancanaro, Julie	A Developmental Approach
	<u>Infant Aquatic Programs</u>
Zancanaro, Julie	Facilitating the Under 15-
	month old in Your Aquatic
	Program
STROKE DEVELOPMENT - 4 yrs olds a	nd up
Barthels, Katharine	A Hydrodynamic Approach
	Swimming Analysis
	General Considerations for

Analysis of Stroke Mechanics
The Mechanism for Body
Propulsion in Swimming
Swim Relaxed
Cue Your Students in on
Good Swimming
Begin with the Elementary
Backstroke
Magic Mark(ers) of Learning
Breaststroke, A Research
Based Application
The Breaststroke Kick
Inside-out breathing: Get the
<u>air you need</u>
Plenty of air and a smoother
<u>style</u>
Considerations & Teaching
Drills/Ideas for the Four
Competitive Strokes
Considerations & Teaching
Drills/Ideas for Butterfly and
Breaststroke
Alexander Technique and
<u>Swimming</u>

# **2.** Learning

teacher level	Author Last Name, First Name	Title - click the title to view
	American Academy of Pediatrics	to: <u>Clinical Practice Guideline:</u> <u>Diagnosis and Evaluation of</u> <u>the Child With Attention-</u> <u>Deficit/Hyperactivity Disorder</u>
	American Academy of Pediatrics	to: <u>Clinical Practice Guideline:</u> <u>Treatment of the School-</u> <u>Aged Child With Attention-</u> <u>Deficit/Hyperactivity Disorder</u>
	Appadoo, Lucy	The Skills of a Toddler
	Doman, Janet	I <u>nterview With Janet Doman</u> Specialist in Infant Education and Brain Development
	Eisenberg, Arlene & Murkoff, Heidi E.	Top 10 questions about Toddlers
	Greig, Jane	Behold the Brain

Honig, Alice Sterling, Ph.D.	How Babies Learn to Communicate
Markezich, Amy	<u>Learning Windows and the</u> <u>Child's Brain</u>
Pica, Rae	<u>Skinship: Better Bonding with</u> <u>Baby</u>
more coming soon!	

# **3.** Pool & Facility Health

teacher levelAuthor Last Name, First NameTitle - click the title to viewCenter for Disease Control & PreventionHealthy Swimming 2002 info for pool operatorsCenter for Disease Control & PreventionWaterbourne Diseases on the rise - what pool operators should knowCenter for Disease Control & PreventionHealthy Swimming Pool Water PracticesCenter for Disease Control & PreventionHealthy Swimming Pool Water Program including six tips for 'safe water' practices for parents and pool directors also En EspañolCenter for Disease Control & PreventionCleating Up Body Fluid Spills on Pool SurfacesCenter for Disease Control & PreventionQuestions and Answers for Aquatics Staff on Waterborne IllnessCenter for Disease Control & PreventionCuestions and Answers for Aquatics Staff on Waterborne IllnessCenter for Disease Control & PreventionCryptospridium Information for Swimming Pool Operators Fecal Accident Response Recommendations for Aquatics StaffConsumer Product Safety CommissionSafety Alert: Drain Cover EntrapmentDavis, Jeane & Hampton, Dr. Tonja WynnSensible Preventatives Fight Cryptosporidium Johnson, Ralph , Ph.D. USADavis, Ralph , Ph.D. USAUnderstanding and Preventing Swimming Pool Bourne Diseases		
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Preventing Swimming Pool	Davis, Jeane & Hampton, Dr. Tonja Wynn	
	Johnson, Ralph , Ph.D. USA	Preventing Swimming Pool

Yang, Kerry; Nelson, Justin; Kludt, Katherine; Goergen, Mike; Keister, Julia	<u>The Social Laps Encircling</u> <u>Public Pools</u>
Osinski, A.	L <u>ink to: Pool Tips</u>
Osinski, A.	Link to: <u>Aquatic Consultant</u> <u>Services</u>
Sandel, Bonnie Ph.D.	Clean Water is Healthy Water
Tierno, Philip Ph.D.	Toy Hygiene
more coming very soon!	

### **4.** Aquatics Instruction General

teacher level	Author Last Name, First Name	Title - click the title to view
	Amateur Swimming Association	A project and study in feasibility and practice of offering free swim instruction - in the UK
	Dash, Melon	<u>100% success with students</u> who are afraid
	Dash, Melon	<u>Learning Tips for Adult</u> <u>Students</u>
	DeVictoria, Lynne	Teaching the Adult to Swim
	Graves, Steve	<u>Establishing Yourself as a</u> <u>Terrific Swim Teacher</u>
	Jacobson, Vivian	Teaching Aquatics When English is a Student's Second Language
	Moran, Joan	Fear and Aquatic Instruction
	Osinski, A.	Link to: Pool Tips
	Osinski, A.	Link to: Aquatic Consultant Services
	Phillips, Robbie	The Wonders of Water
	Schiltz, Jack H.	Cramps: Facts and Fallacies
	Taylor, Bernie	An Underwater Approach to Teaching the Non-Swimmer
	more of the archive posted very soon!	

### 5. Program Management

#### teacher level Author Last Name, First Name Title - click the title to view

MANAGEMENT	
Dailey, Dick	Marketing Your Program
Kent, William	Building Your
· · · · · · · · · · · · · · · · · · ·	Program/Organization/Business
Graves, Steve	Leading Your Learn to Swim
	Program into the 21st Century
McCabe, Janet	Training Baby, Toddler, and
	Preschool Swim Instructors
Osinski, A.	<u>Link to: Pool Tips</u>
	Link to: Aquatic Consultant
Osinski, A.	<u>Services</u>
Perenich and Carroll	Some Legal Perspectives
	Related to Learn to Swim
	Programs
Sahlein, Frank	Building an Owner Exit
	Strategy
Way, Aaron W.	Tootell Aquatic Center General
	Guidelines for All Employees
Zipitz	Mail Communication with Your
	Customers and Potential
	Customers
MARKETING	
Mogharabi, Shabnam	<u>In the Minority - improving</u>
	minority participation in learn
	<u>to swim</u>
more coming soon!	

### 6. Medical Community Viewpoints

teacher level	Author Last Name, First Name	Title - click the title to view
	American Academy of Pediatrics (AAP)	to: AAP policy on: <u>Swimming</u> <u>Programs for Infants and</u> <u>Toddlers</u> - <u>abstract version</u> pdf also
	American Academy of Pediatrics	to: AAP policy on: <u>Swimming</u> <u>Programs for Infants and</u> <u>Toddlers</u> - full text version pdf also
	American Academy of Pediatrics	to: <u>AAP April 2000 media</u> <u>release which was the</u> <u>companion to the AAP policy</u> <u>statement on swimming</u>

programs for infants and toddlers - Swimming Lessons Not Recommended for Children Under 4.     YMCA of the USA   to: YMCA response (2002) to the April 2000 revised policy of AAP on Swimming Programs for Infants and toddlers and the AAP response to the YMCA     American Academy of Pediatrics   to: Media Release - Advisory: Vigilance needed to prevent Tragedies in the water Aug. 2003     American Academy of Pediatrics   to: AAP Policy on: Infant Exercise Programs     American Academy of Pediatrics   to: AAP Policy on: Infant Exercise Programs     American Academy of Pediatrics   to: AAP Policy on: Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity     American Academy of Pediatrics   AC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   to: AAP member Survey Results as to advisories they give parents and patients on water safety     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury Prevention. See paragraph 5. under Infants and Preschoolers     American Academy of Pediatrics   Link to: Age Appropriate Physical Activities - according to the AAP. (beains on page 3)     Bennett, Howard MD   Acute Hyponatremia and Seizures in an Infant After a Swimming Lesson     Attui-Ramo, Illona, MD PhD   The Attitude of Medical Personel Towards Swimming With Infants Needs Re- evaluation     Cates, Lynn M.D., F.A.A.P.   Link to: comment by Dr. Spock		
toddlers - Swimming Lessons Not Recommended for Children Under 4.     YMCA of the USA   to: YMCA response (2002) to the April 2000 revised policy of AAP on Swimming Programs for Infants and toddlers and the AAP response to the YMCA     American Academy of Pediatrics   to: Media Release - Advisory: Vigilance needed to prevent Tragedies in the water Aug. 2003     American Academy of Pediatrics   to: AAP Policy on: Infant Exercise Programs     American Academy of Pediatrics   to: AAP Policy on: Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity     American Academy of Pediatrics   ABC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   ABC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   to: AAP member Survey Results as to advisories they give parents and patients on water safety     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury Prevention. See paragraph 5. under Infants and Preschoolers     American Academy of Pediatrics   to: AAP policy on: Diffice Based Counseling For Injury     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury     American Academy of		programs for infants and
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Under 4.     YMCA of the USA   to: YMCA response (2002) to the April 2000 revised policy of AAP on Swimming Programs for Infants and toddlers and the APP response to the YMCA     American Academy of Pediatrics   to: Media Release - Advisory: Vigilance needed to prevent Tragedies in the water Aug. 2003     American Academy of Pediatrics   to: AAP Policy on: Infant Exercise Programs     American Academy of Pediatrics   to: AAP Policy on: Active Healthy Living: Prevention of Childhood Obesity Through Increased Physical Activity     American Academy of Pediatrics   ABC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   ABC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   ABC News article regarding AAP 2000 viewpoint     American Academy of Pediatrics   to: AAP member Survey Results as to advisories they give parents and patients on water safety     American Academy of Pediatrics   to: AAP policy on: Office Based Counseling For Injury Prevention. See paragraph 5. under Infants and Preschoolers     American Academy of Pediatrics   Link to: Age Appropriate Physical Activities - according to the AAP (begins on page 3)     Bennett, Howard MD   Acute Hyponatremia and Seizures in an Infant After a Swimming Lesson     Attui-Ramo, Illona, MD PhD   The Attitude of Medical Personnel Towards Swimming     Galifornia Medical Association   Bibliogr		
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their opposition to swim	Guntheroth, Warren M D	
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	<u>toddlers</u>
Phillips, Kenneth G. MD, FRCPC	Swimming and Water Intoxication
	in Infants
Rosen, Karl G. MD, PhD	Baby Swimming - Summary of physiological and medical data
more coming soon!	

### 7. Student Health & Development

teacher level	Author Last Name, First Name	Title - click the title to view
	Andrews, Esther	Develop Your Child's Genius - Right Brain/Left Brain Coordination
	Bower, Bruce	Child motor development through improvisation and experimentation
	Craig, Sandy MD	<u>Hyponatremia</u>
	DeBord, Karen Ph.D.	Infant Development - What's Normal?
	Joseph, Rhawn, Ph.D.	<u>Fetal Brain &amp; Cognitive</u> Development
	Leedom, Dr	Exercise and behavior including ADD/ADHD
	Norberg, Shani M.D.	Early Signs of Impaired Moto Development in Infants and Toddlers
	Osinski, A.	Link to: Pool Tips
	Osinski, A.	Link to: <u>Aquatic Consultant</u> <u>Services</u>
	Wardell, Colleen P and Isbister, Clair	Swimming program for children with asthma - Does it improve their quality of life?
	Wellington-Dufferin Preschool Speech and Language Services	
	more coming soon!	

### 8. Teacher Health & Development

teacher Author Last Name, First Name Title - click the title to

	view
Calzada, Tita	Positive ways to deal with those who drain you of energy
Fung, Kevin , M.D., FRCS(C)	<u>Laryngitis - causes,</u> prevention, & cure
Graves, Steve	Quick List of 10 Important Points for Swim Teachers - by a variety of authors
Graves, Steve	Establishing Yourself as a Terrific Swim Teacher
Graves, Steve	Creativity Yields Teaching Success
Jacobs, Bert & Isabel	What Makes a Good Teacher
Lynn, Stephanie	Experienced Teachers Share Their Insights
McKay, Rob	<u>What Makes a Good Swim</u> <u>Teacher</u>
McCabe, Janet	Training Baby, Toddler, and Preschool Swim Instructors
Osinski, A.	<u>Link to: Pool Tips</u>
Osinski, A.	Link to: <u>Aquatic Consultant</u> <u>Services</u>
Priest, Louise	Attitudes That Effect Us As Teachers
Smith, Murray	Being a Good Teacher - There's Certainly A Right and a Wrong in Teaching
Spannuth, John	Four Kinds of Friends
Spannuth, John	How to Enhance Your Communication Skills
Spannuth, John	Life is About Transition
Spannuth, John	Surrounding Yourself with Like Minded People
Spannuth, John	Work to "De Stress" Yourself
Reuters	Gene seems to predict skin cancer's spread
more coming soon!	·

# **9.** Program Philosophy

teacher level	Author Last Name, First Name	Title - click the title to view
	Council for National Cooperation in Aquatics	Aquatic Activity Programs for Children Under the Age of Three (guidelines)

level

	de Tinguy-Simon, Anais	<u>Parental and Aquatic</u> Perinatal Approaches
	Horn, Egne	Baby Swimming In Norway
	Pica, Rae	More Movement, Smarter Kids
	Stakset, Terje	From High Tech to High Touch in Communication and Interaction and poem
	Sultenfuss, Mary Beth	Starting a Learn to Swim Program
	Van der Meer, Audrey	Young Babies Can Do More Than We Think
	WABC	<u>Code of Ethics for Baby</u> Aquatic Program Directors & <u>Teachers</u>
	WABC	Guidelines for Programs
New!	Whipp, Peter	<u>Teaching Swimming: Issues</u> <u>beyond drowning (public</u> <u>school programs)</u>
	Young, Jackie	The Future of Infant Swim
	Young, Jackie	<u>On Back Survival Training for</u> <u>Students</u>
New!	Young, Jackie	<u>Why Teach Infant Toddler</u> <u>Swim Survival Safety</u>
	Young, Jackie	Working with Children with Special Needs
	YMCA of the USA Medical Advisory Committee (1999) - YMCA of the USA Medical Advisory Committee (1999)	Aquatic Program Guidelines for Children Under the Age of Three
	Zancanaro, Julie	<u>A Developmental Approach to</u> <u>Infant Aquatic Programs</u>
	more coming soon!	·

# **10.** Water Safety and Drowning Prevention

teacher level	Author Last Name, First Name	Title - click the title to view
	American Academy of Pediatrics April 199	3 Link to AAP policy statement on <u>Drowning in Infants,</u> <u>Children and</u> <u>Adolescents</u>
	Kilmer, Barrett	The Science of Safety - research

	pointing to prevention
from Pediatric Annals	<u>Drowning is a Public Health</u> <u>Concern</u>
Brenner, R.	Swimming Lessons, Swimming Ability, and the Risk of Drowning
Allentown & Bethlehem Safe Kids Coalition	Family Water Safety Day
Centers for Disease Control & Prevention Christine M. Branche, Ph.D.	Why Drowning Prevention is Important
Foundation on Aquatic Injury Prevention	Injury Fact book 2001-2002 and <u>Aquatic Injury Facts</u>
Harborview Injury Prevention and	Drowning Interventions -
Research Center - University of Washington. USA	Swimming Lessons
Health Canada	Drowning Prevention Initiatives - Working to Unite in Creating Injury Free and Safe Communities
Royston, Sue & Trent, Roger B. PhD	What Parents Need to Know to Better Protect Children plus Water Safety Teaching Tips
Raper, Betsy	Water Safety Awareness Day
Shepherd, Suzanne MD, MS, DTM&H, FACEP & Martin, James MD University of Pennsylvania	Link to article <u>Submersion</u> Injury & Near Drowning
U.S. Consumer Product Safety Commission (CPSC) more coming soon!	A Few Statistics on Backyard Pool Safety for Calif., AZ, FL
11010 COITING SOON:	

# **11.** Parent & Caregiver Education

teacher Ievel	Author Last Name, First Name	Title - click the title to view
	American Academy of Pediatrics	<u>July 2001 Study on Where</u> <u>Children Drown</u>
	Bower, Don DPA, CFCS	<u>12 months old (including note</u> on swimming)
	Davis, Jeane & Hampton, Dr. Tonja Wynn	Crypto - what it is and how to prevent it update Sept. 25, 2003

Gallagher, Teresa & Mueller, Maria G	<u>Choosing a Maternity Bathing</u> Suit - and other helpful information and links
Moore, Jane M.D.	<u>Pregnancy and Swimming -</u> helpful information links
Osinski, A.	Link to: Pool Tips
Osinski, A.	Link to: <u>Aquatic Consultant</u> <u>Services</u>
Ovitz, Tina	Keeping Bath Time Safe
	Tub Safety Tips
Center for Disease Control	Link to: <u>Healthy Swimming</u> <u>Pool Water Program including</u> <u>tips for parents as well as</u> <u>pool directors</u> link to s ' healthy swimming' En Español also
more coming soon!	

### **12.** Research

teacher level	Author Last Name, First Name	Title - click the title to view
	Ahrendt, Lilli	The Influence of Water Program son Infants Motor Development During the First Year of Life
	Diem, Liselott; Burger, Reiner; Bussmann, Ursula; Groten, Heinz; & Siegling, Viola	Swimming for Babies
	German Sports College Cologne	<u>"Baby Swimming" Advances</u> <u>Independence and</u> Development of Intelligence
	Langendorfer, Ph.D. Harrod, Diana L.	A Scalogram Analysis of Item Order in the American Red Cross Beginner Swim Program (1990)
	more coming soon!	· · · · · ·

# **13.** Special Interest

teacher	Author Lost Nomo	Eirot Nomo	Title - click the title to view
level	Author Last Name,	riist name	view

WABC with Virginia Newman	<u>Virginia Hunt Newman Story -</u> in brief
International Swimming Hall of Fame	I <u>SHOF on Virginia Hunt</u> <u>Newman</u>
Eileen Herzberg and Dr Roger Lichy	Extract from <u>The Waterbirth</u> <u>Handbook</u> by including mention of Igor Tjarkovsky the Russian who was interested in the baby and it's development and Frenchman Michel Odent
News article from Israel	All not well with the recent workings of controversial baby swimming teacher legend Igor Charkovsky News Clip from China
more coming soon!	

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