

Cardinal Splash Swim School  
Fall 07  
Instructor: Luke Wakefield  
Contact: [luke\\_wakefield\\_88@hotmail.co.uk](mailto:luke_wakefield_88@hotmail.co.uk)  
M/W: 6.30 – 7.30pm



Level 7 – Herons

#### About Myself

I am 19 years old, and am currently attending the University of Louisville to study for a degree in Exercise Science and Sports Medicine, where I am in my Sophomore year. I originate from London, England, and have been living in the USA since the summer of 2006. The reason why I moved to the USA is because I was offered a place on the UofL Swim Team, and am now in my second year of representing the Cardinals. My speciality in swimming is the Individual Medley, which consists of swimming all four strokes.

#### Mission Statement

My goals for this class are mainly based around getting each student to a capable and competent level of swimming, so as each child will stand the chance of broadening their horizons and becoming a member of a swim team or club. I aim to educate each child to a level of competitive swimming. To do this I will focus on: improving times in the 4 strokes and kicks, improving endurance to swim longer distances, increasing their knowledge of the sport of swimming, and working mainly on aesthetic technique (speed and endurance will develop from a good technique.) All of this coaching will be delivered in the state of the art Ralph Wright Natatorium, the home of the UofL swim team.