



Dear WSI participant:

Thank you for joining us at Moose Pond and Camp Wyonegonic for The Water Safety Instructor Course.

**Start Time: Saturday June 6<sup>th</sup> 1:00PM**

**Finish Time: Wednesday June 10<sup>th</sup> 5:00PM**

I want to write to introduce myself, let you know how to contact me, reinforce the contents of the course and reiterate the elements.

The Water Safety Instructor is an American Red Cross certification aimed at making us better swim instructors. Prerequisites for the course mandate that you are a competent swimmer and can demonstrate the appropriate strokes (front crawl, back crawl, breaststroke, sidestroke, elementary backstroke, and butterfly) and skills (treading water, back float) at a proficient level. We will have a swim test at our first meeting; your continuation in the course is contingent on your successful completion of the swim test. In order to successfully complete the course you will be required to pass a written exam (with a score of 80% or higher), provide written lesson plans and block plans as well as practical teaching requirements.

The WSI course covers all facets of teaching swimming from infant to adult. We will put a large emphasis on teaching in a camp setting and to youth. Because course content is so extensive, the WSI course is extremely INTENSE; know that we will be active from 9am-10 pm each day.

The surroundings at Wyonegonic are scenic to say the least. The cabins are rustic (no electricity) and showering facilities are located separate from the living quarters. Camp has provided you with a list of travel items that you will need. I remind you that you will be out and about in the natural surroundings and swimming in a fresh water lake during the clinic, which is incredibly beautiful, but can be potentially VERY COLD.

In addition to the items that camp recommends for your stay, please make sure you have the following:

- 2-3 Bathing suits
- 2-3 Towels
- The water is cold-I HIGHLY recommend you bring a WET SUIT or insulated swim shirt.
- Swim goggles
- Notebook or note paper and writing instruments

As part of your course fees, Wyonegonic will provide you with the necessary textbooks and Red Cross resources for the course.

Feel free to contact me at any time with any course related questions.  
[aburbank@msn.com](mailto:aburbank@msn.com) or work: 518.580.5399.

I look forward to seeing you in June!

Abby Burbank  
Instructor Trainer American Red Cross

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**INFORMATION FOR YOUR TRAINING INSTRUCTOR**

Please complete one form for each training clinic that you are attending and return to  
Wyonegonic via mail or email

NAME \_\_\_\_\_

TRAINING CLINIC \_\_\_\_\_

What will be your responsibilities this summer?

What do you hope to gain from this Training Clinic?

Describe your experience – (ie: competition, school, camp, recreational...):

Explain your prior teaching experience (if any):

Estimate your strengths in regard to the activity you are training for – please be specific:

Estimate your weaknesses in regard to the activity you are training for – please be specific: