

## Annual report for 2014

In June 2014 we had the general meeting of the Slovenian Halliwick association. The newly elected executive committee members are: Katja Groleger Sršen (chair), Nives Puhan (co-chair and secretary), Klavdija Krušec, Cirila Burja, Rajko Vute, Tjaša Filipčič, Katarina Praznik (members).

The executive committee chair presented the plan for 2015 which included the following; an analysis of our national association and the centres using halliwick, an education plan for 2015 and our collaboration with the IHA and the National Swimming Association.

### 1. Analysis of Slovene Halliwick centres network

There are **13 centres all over Slovenia** however some regions are lacking an organized Halliwick program. Ten centres sent an annual report, so all data refers to those centres:

There were 158 swimmers included in regular Halliwick programs, mostly in rehabilitation institutions or special education institutions (24 groups). Children (age from 3 to 15 years of age) and adults (up to the age of 47 years) were referred to these programs due to different health problems, most of them due to cerebral palsy (52), developmental delay (76), autistic spectrum disorder (18), down syndrome (12), epilepsy (10) or another neurological disease.

**Goal 1:** Since there are quite a small number of children involved in Halliwick programs in Slovenia the plan is to establish new Halliwick groups (6 potential new groups are suggested based on Halliwick Instructors or Group leader's availability).

**Goal 2:** More active engagement in the Slovene national association from Group leaders. This has already started with 10 out of 13 contributing by sending an annual report and suggesting improvements.

**Goal 3:** To support the establishment of at least one new group for adults (there are only two available).

### 2. Education

In 2014 we organized the following foundation courses:

1. Katja Groleger Sršen, Ljubljana (Slovenia; 18<sup>th</sup>, 19<sup>th</sup> January and 8<sup>th</sup>, 9<sup>th</sup> February): 14 participants;
2. Katja Groleger Sršen and Ana Sršen, Zagreb (Croatia; 12<sup>nd</sup>, 23<sup>rd</sup> March and 5<sup>th</sup>, 6<sup>th</sup> April): 12 participants;
3. Neda Rotar, Korčula (Croatia; 27<sup>th</sup> to 30<sup>th</sup> August): 12 participants;
4. Cirila Burja, Kamnik (Slovenia; 7<sup>th</sup> to 10<sup>th</sup> November): 9 participants;
5. Rajko Vute, Topolšica (Slovenia; 6<sup>th</sup> to 8<sup>th</sup> June): 14 participants;

We also analysed the basic education of participating Halliwick Instructors and Group leaders in existing Halliwick centres in Slovenia. There were 13 physiotherapists, 8 occupational therapists,

22 special teachers, 2 teachers, 1 social worker and 31 of other educational backgrounds. Also 19 parents were regularly involved in these Halliwick programs. Out of these, only 24 had a HIC. 81 took part in the foundation Halliwick course, 23 of which also participated in the advanced Halliwick course, but 28 didn't participate at any course. There are seven people waiting for GLC exam.

**Goal 4:** To organize at least two foundation courses in 2015, one advanced Halliwick course and exams for candidates (HIC and GLC).

There are several mentors available within the Slovene Halliwick association: IHA lecturers (Cirila Burja, Klavdija Krušec) and IHA senior lecturers (Katja Groleger Sršen, Neda Rotar, Rajko Vute). We would like them to take an active role in mentoring candidates for HIC, GLC and trainee lecturers (Katarina Praznik).

### **2.1.1 Content update of foundation and advanced courses**

**Foundation courses:** to check up all the contents in the manual and add some specific content on different pathologies for those, who don't have a medical background;

**Advanced courses:** to prepare additional or new advanced courses, such as how to "train a trainer" (Beryl Kelsey, Katja Groleger Sršen); advanced teaching approaches (Nives Markun), teaching specifics on several groups of swimmers, such as blind swimmers, swimmers with autistic spectrum disorder, adults; workshop on how to use test SWIM;

**Goal 6:** to organize an advanced course(s) based on the specific knowledge of Slovene Halliwick lecturers and senior lecturers, to support and follow the goals of last IHA conference in Galway (2013);

### **2.2. Education of group leaders and lecturers**

- We plan to continue with yearly organized seminars and workshops for members of the Slovene Halliwick Association - traditionally it is organized at the end of the year; in 2014 we changed it and organized the meeting in January (2015).
- Education at seminars and workshops of IHA: we plan to participate in the next IHA meeting in Barcelona for lecturers (Cirila Burja, Rajko Vute, Katarina Praznik and Katja Groleger Sršen); in year 2017 we plan to organize an IHA congress in Slovenia;
- Other possibilities for education: seminars on hydrotherapy, teaching concepts etc;

### **3. Members of Slovene Halliwick Association**

There are only a few members who regularly pay the annual fee. We intend to be more active and recruit more members, especially during Halliwick foundation courses. Having a stable core membership is as important as getting new members. We intend to actively support current members through education programs which will be free of charge for them;

**Goal 7:** To have at least 50 active members;

#### **4. Membership in IHA and international cooperation**

The Slovene Halliwick Association is an active national member of IHA. Senior lecturer Katja Groleger Sršen is the active chair of the executive committee and is also active in education and research work.

It was suggested to organize a multicentre study on the efficacy of Halliwick programs.

**Goal 8:** To plan and execute a research project and report on results in an article published in one of the scientific magazines with IF;

**Goal 9:** In 2017 we plan to organize the IHA conference/seminar in Slovenia. We will start to prepare the preliminary scientific program and invite leading lecturers from the IHA and wider field.

We are already active in sharing knowledge internationally; Croatia (Katja Groleger Sršen, Neda Rotar), Czech republic (Rajko Vute), Bosnia and Herzegovina (Neda Rotar, Rajko Vute).

**Goal 12:** To continue this sharing of knowledge;

Katja Groleger Sršen