

76 - GINCANÁGUA: A SECOND TIME PROGRAM'S EVENT IN VOLTA REDONDA

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THE SECOND TIME PROGRAM IN VOLTA REDONDA

The Municipal Department of Sports and Leisure (SMEL) aims to provide effective conditions for the development and exercise of citizenship through public policies that have the aim of promoting the security, access and maintenance of all social groups to programs of physical activity in its various dimensions, as well as the use of all spaces and facilities, taking into account the diagnosis of needs and interests of Volta Redonda community.

Since 1997, the city achieved great progress in terms of structure for the sport and leisure. The City Hall that often counted on support from the Ministry of Sports, has engaged in a good work, and now has a great infrastructure. The City has: 10 (ten) gyms; 02 (two) mini-stadiums with synthetic grass field; 01 (a) stadium with rooms for Olympic gymnastics, martial arts training, weight lifting and fitness academy; 01 sports center with 04 (four) soccer fields, 50 covered multi sports courts and 20 uncovered multi sports courts in the neighborhoods; 25 multi sports courts in municipal schools.

For seven years, has been developed in the city, in partnership with the Ministry of Sports, the Second Time Program (PST). This partnership was of great importance to the city and the Ministry of Sports, because was brought to the city opportunities and conditions for the development of workings with children and young people, and the Ministry for decentralization, leaving the municipality responsible for implementing the program because it knows well the reality of the community.

The PST has the following subjects: providing systematic activities in after school period; reduce the children's, adolescents and young people exposure to social risks, through sport and education and work for the physical well-being, health promotion and of human intellectual development; foster interest in various forms of sports and leisure; promote full citizenship, and nurture a better quality of life, including those individuals with special needs who are also part of the program.

The program serves mainly, the students regularly enrolled in schools where there are municipal and state monitoring of monthly frequency in class, which is the criterion for selection and stay in the project. It developed into local neighborhoods, with residents of low income per capita, where not only the social-economic level as well as educational, generates social exclusion.

The challenge of the program is been able to offer a greater number of students, sports activities, cultural and educational quality in combating discrimination and the school evasion and improving school performance.

In Volta Redonda, there are approximately 8000 students with guaranteed access to educational practice of the sport, in appropriate places, with sports equipment in quantity and quality, all under the guidance of teachers and trainees of Physical Education, teachers of art, monitors for supplementary school classes, uniforms and enhancing food are part of complementary actions that characterize the main focus of the program that is the education through sports. One of the poles of the PST in Volta Redonda, is located in Aquatic Park City (ACP).

AQUATIC CITY PARK

The ACP provides free of charge to people in Volta Redonda, sport and leisure through the practice of water activities. With physical space privileged by its structure and natural beauty, offers choice of recreation and social interaction seeking, with it, the better quality of life for the citizens of Volta Redonda.

Today there are 60,000 associated. Our facilities are able to address 3,000 people simultaneously. This control is electronically done in the ticket gate at the entrance of the Aquatic Center where the user presents their I.D. card.

To join the park is necessary to prove residence in the city, fill out a registration form with rules for the facility usage. Dependents are required birth certificate, school voucher and photo for identification. Everyone must submit yourself to a dermatological examination offered free of charge, which will be valid for 04 (four) months, whose control is also conducted in the ticket gate.

In its physical structure have three swimming pools, one Olympic (Figure 1), one for recreation with 2.812m² and one Water slide (Figure 2) and a children's pool of 500m² with toys; spacious dressing rooms and administrative offices.



Figura 1 - Olympic Swimming Pool



Figura 2 - A leisure pool and Water slide

In the Aquatic Center are offered, since 2001, free of charge, the people of Volta Redonda, systematic courses of swimming, water-polo and Hidro. At first, with 06 trainees and 04 teachers of physical education, served up 2000 students, currently with 12 teachers and 06 trainees, recruited through partnership with the PST, serves up to 4,000 students distributed in 78 classes.

To make the registration in the courses to be a partner of ACP, be up to date with dermatological examination and submit a medical certificate certifying that the person is able to practice the activity. For students under 18 years of age must be a responsible and proof of authorization school.

Classes are held twice a week, Tuesdays and Wednesdays and Thursdays and Fridays, in the morning from 6:00 to 10:00 and 17:00 in the afternoon for the 20:00 hour. We service the population from two years of age with classes divided by age 2 and 3 years, 4 and 5 years, 6 to 8 years, 9 to 12 years, 13 to 16 years, adults and seniors.

Each teacher is responsible for conducting the call of their classes by registering the presence of students, because with four consecutive absences without justification entailed the exclusion of a student on the course.

THE SWIMMING LESSONS IN THE AQUATIC PARK

With the opening of ACP, the initial expectation was the attendance of people who had no access to swimming pools in the city because they are located in private clubs that demand the payment of tuition fees. As the city does not have natural resources that can provide water activities, a good part of the population has no access to water sports and leisure.

Teaching a large proportion of people who had not had an opportunity to learn how to swim, it was a challenge in line with the proposal of the PST, which has as one of their goals, foster interest in various forms of sports and leisure.

In this context, the educational proposal of ACP aims to: a) to nurture the students' participation in water activities, b) stimulate the meeting with the aquatic environment and the group c) explore the many experiments that the aquatic environment offers, enabling the participation aware of the student in the construction of their water practice.

As theory agreement of the teaching of swimming in ACP, it was understood that the ability to swim as well as conceptualized Perez (1986, p. 110), "is a series of moves made by the individual that will enable it to go to or to remain over or under the aquatic environment is only supporting this." In the same token, it was also agrees with Escobar and Burkhardt (1985, p.10) that describe "the ability to swim as the ability to keep up on water and go for it without touching the bottom."

Thus the concept of swimming is on the ability to adapt to their environment and the development of skills that create an independent from the aquatic environment and not necessarily tied to the implementation of certain techniques.

Escobar and Burkhardt (1985), which proposed a methodological approach of structural-functional swimming, consider this approach to a functional division of types of swimming of increasing complexity: elementary-utilitarian swimming, sports and sports-formal-competitive. Towards reaching the recreational goals, utility and therapeutic, it is not necessary to learn the techniques of births of sport swimming, but which has a total area of the liquid medium, from the development of the information given: balance, breathing and propulsion. The area of the aquatic environment will then experience the pleasure of leisure-aquatic, therapy, work, safety and physical condition. To achieve the goal-formal sports is necessary respect of the movement's formal swimming sport, allowing the practice of sports character. The order requires a competitive sports-technical improvement of formal movements already learned and the development of sports performance through the specificity of sports training, thus enabling the practice of sport competitive swimming, constrained by the demands of high-income level. From the proposal of the authors cited earlier, Perez (1986) adds that the goals-formal and sports-competitive sports should be developed from the choice of students.

So, at first, the water activities of ACP have been proposed to achieve the objective utility, recreational and therapeutic culminating in an independent from the liquid medium. The details in the swimming, balance, breathing and propulsion, are worked through the exploitation of its various stages of development, such as: entrances and exits of the water, vertical and horizontal balance with or without support, changes in the balance, and block blast respiratory, eye opening and immersion, expires in water, respiratory rate, slide, propelled the legs and arms in alternating and simultaneous at different horizontal positions, coordination between arms and legs, coordination of breathing with arms and legs and balance upright without support

After learning the skill of swimming, the practice of swimming with characters and even competitive sports becomes an option for students, unlike the traditional teaching of swimming. In traditional education, as Freudenheim (2006), after the adaptation to the water environment, will begin the teaching of a given setting the objective of learning from each component, after its synchronization and then gives emphasis to the automation of gestures technicians, while the foundations of the next swim are introduced, and so on.

In addition to the classes, events are conducted in the ACP to promote the motivation and encouragement to students, parents, teachers, in short, all who are involved in this context, besides being an important means to evaluate the work done. These events are conducted covering the various classes, as well as the ages and skill levels.

He was thinking of the students contemplate what they know swimming, which was developed to Gincanágua. Like all other events of ACP, this also aimed at encouraging, motivation and evaluation of the work. But the primary intention was to develop an event that escape the traditional patterns of formal and regulated in swimming competitions, where the practice of a swimming less restricted to technical moves were contemplated to carry out the proposed activities, ranging from meeting with the educational proposal of ACP / PST.

GINCANÁGUA

The Gincanágua was drafted so that the student participate collectively in the competition, showing their skills in the water without compromise with the technique of the four swimming styles, where the pleasure generated by activities has meant that exceed their own limits. For both it was necessary for these students knew swimming, because the tests were performed in Olympic pool, with 1.80 m deep.

Drawn up by the team of teachers, the rules for the event, expected date of completion, the period of registration and disclosure, criteria for participation, description of the evidence and its rules, scores and awards.

The disclosure of the event was held in the months that preceded by flyer and posters around the ACP with the following sentence: "If you know swimming in the pool Olympic choose your team and participate." Teachers in each of their classes, regardless of age, explained how it would be the event, date, time, evidence, organization and awards, and the student interested in participating should seek the office of the courses to make your application, which should choose one of the four teams that would be identified by the swimming hood colors: yellow, red, blue or green.

During the months preceding the event experienced teachers of the four tests Gincanágua in their classes.

The first test was conducted to Clean Water (Table 1).

Table 1 - Description of the Clean Water proof

<p>Clean the Water</p> <p>Material: 06 networks of volleyball, 13 cake;</p> <p>Area: 25m x 12.5 m;</p> <p>Number of participants: 10 components;</p> <p>Length of departure: 3 times of 1 minute (best of 3)</p> <p>Rules:</p> <ul style="list-style-type: none"> " The teams play in round simple system; " The goal of each team is clear your field quickly; " The ball should be thrown on top of the network of volleyball, which separates the fields, until the judge Whistle the end of departure; " The balls thrown out of the area will return to that team to throw; " Students may not hold the edge to throw the ball; " Winning the team that in the end, have balls in their field less.
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To perform the test was necessary to throw balls into the opponent's field, is arguing in the water upright, and performing propulsive movement of upper and lower limbs.

Students demonstrated ability to analyze the situation of the game and develop strategies to hinder the action of the opponent team, and throw the ball farther in order to give more work. Sometimes tire and enforce of fluctuation were to rest, sometimes using their own ball.

The second test was performed Monte the floor (Table 2).

Table 2 - Description of the Word Monte proof

Get the word
Material: 30 PET bottles, letters of EVA, 03 timer.
Number of participants: 10 Components.
Rules
" The goal of each team is to form the word "GINCANÿGUA";
" The letters will be moored in PET bottles, which will be at the bottom of the pool and the students will dive to catch them, one at a time, and place them on the edge;
" Winning the team that form the keyword in less time.

To perform the test the students had to dive to the bottom of the pool to get the letters, controlling the breath, opening eyes to identify and get the letters, as submerged, with movements of arms and legs.

As the team win this proof that the complete in less time, the students tried to be very fast in the act of diving and peak any letter and carried to the edge, as most teams no longer strategically a person to sort the letters. Students demonstrated efficiency in diving to get to the bottom, a matter of breathing, ability to maintain themselves without support in the water and intelligence strategy in the team.

The evidence Clean your Field and Monte the floor are illustrated in Figures 3 and 4.



Figura 3 Clear your field Figure



Figura 4 Get the word

The third test was performed Relay Trailer (Table 3).

Table 3 - Description of evidence Relay Trailer

Relay Trailer
Material: 04 mats of EVA.
Distance to go: 25m.
Number of participants: 21 Components.
Rules:
" The goal of each team is to cross the pool by a distance of 25m, 3 on 3 components, of which one will up the carpet, hauled;
" The three i nitial components should touch the edge and be in contact with the carpet so that the next components may come and go in the water 25 m so on until the last trio;
" Winning the team that makes less time in the rotation.

To perform the test, each trio would have to complete the 25 meters with three students, with two of these would be responsible for actions Propellant while the third should be hauled in a rug until the other side where a new trio start the next 25m. Thus should rise to the challenge of promoting the displacement of the carpet using Propulsion actions of the lower limbs and one of the upper and coordinate these actions in order to make them more efficient. In implementing this test the teams, in general, lighter selected to the position on top of the mattress. Committed itself to be quick in movement and thus win the race.

The fourth test was performed Relay Sonrisal (Table 4).

Table 4 - Description of evidence Relay Sonrisal

Relay Sonrisal
Material: 12 tablets of Sonrisal.
Distance to go: 25m
Number of participants: 10 Components
Rules:
" Each team will receive 3 tablets of Sonrisal
" The students will swim a distance of 25m leading to a chip Sonrisal;
" When you arrive you must touch the rim before moving to the next chip student, an d so on until the last component
" Winning the team to complete the rotation with more or larger chips.

To perform the test the students should swim a distance of 25 meters carrying a chip from Sonrisal and delivers it to the next fellow's rotation. Each participant should seek the best solution to their problem was that complete the race with more or larger chip. Thus there would be engagement so that it efficiently propulsive act without the chip gets wet, so the speed of swimming was not relevant. Some students demonstrated very difficult to swim without being able to count on one arm, and that some began crossing into certain position changed after the quest to improve the displacement, as others have been more efficient.

The evidence Relay Relay Towing and Sonrisal are illustrated in Figures 5 and 6.



Figura 5 Relay trailer Figure



Figura 6 Relay Sonrisal

In the event, the evidence the teams each received their scores, 20 points placed 1st, 2nd placed second 15 points, 10 points placed 3rd and 4th placed 05 points.

Event mobilized the participation of several students of different age groups which provided a lot of exchange of

experience in the decisions to be taken in teams. Since the disclosure, teachers and students were involved experiencing the evidence and finding different ways to accomplish it, training to go out well. The completion of evidence that shook the participants twisted, screamed giving opinions and vibrate with each step met.

The team with the highest score received a medal and shirt of the event and the teams that stayed with the 2nd, 3rd and 4th place were also awarded with medals.

CONSIDERATIONS

In Gincanágua students participated in a competition, which had the opportunity to experiment and experience various forms of swimming, sharing responsibilities, both in wins and in losses, solving problems and making decisions and is struggling to overcome the evidence and their own limitations.

The completion of Gincanágua was an experience of event, which was not limited to the type of performance expected in the swimming competitions. The organization of events such as Gincanágua becomes important because it is an effective way to expand the meanings of swimming, and also to encourage and expand the practice of swimming for those who do not fit the mold of swimming sports, and to children who are not prepared to participate in formal competitions.

The results, in which give us enthusiasm about effective participation, exceeded the expectations, and shows that it is worth investing in such events.

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GINCANÁGUA: A SECOND TIME PROGRAM'S EVENT IN VOLTA REDONDA

ABSTRACT

The City of Volta Redonda by the Municipal Department of Sports and Leisure (SMEL), in partnership with the Department of Education of Ministry of Sports, promote the Second Time Program (PST) in the town. The PST is designed to ensure access to sports practice to students enrolled in public elementary and middle schools of the country, having children and adolescents aged 7 to 18 years old, preferably in areas at risk and social vulnerability. In these areas are installed cores, where the students have sports and leisure activities, school and feed strengthening. One of these cores is the Municipal Aquatic Center of Volta Redonda (MAC), where students have swimming classes. The MAC's educational proposal is drafted in accordance with the principles of PST, and has as one of its objectives explore the many experiments that the aquatic environment offers, enabling the participation of the student aware of their water sport's practice construction. In this context, it is systematic practice of PAM the realization of events as a measure of the evaluation and motivation to work. This paper aims to report the experience of the event Gincanágua, contributing to a vision of the swimming event that exceeds the traditionalism in which it is based, where most of the time, the official model of competition of the high-yield plays indiscriminately as the only way to event. In Gincanágua were explored different waterfowl skills from the capacity of swimming, because the Competitions (Clean water, Mount the word, trailer alternation and "Sonrisal" alternation) happened in the Olympic pool with a depth of 1.80 m.

Key words: education, swimming, event,

GINCANÁGUA: UN ÉVÈNEMENT DU PROGRAMME DU DEUXIÈME TEMPS À VOLTA REDONDA

RÉSUMÉ

L'administration de la Mairie de Volta Redonda, par son Bureau Municipal de Sport et de Loisir (SML), soutenu par le Bureau du Sport Éducatif du Ministère des Sports font une promotion du Programme du Deuxième Temps (PST) dans la ville de Volta Redonda. Le Programme du Deuxième Temps a le but d'assurer l'accès de pratiques sportives aux élèves immatriculés dans le réseau publique de l'enseignement du degré fondamentale et du degré moyen du pays, en ayant égard des enfants et des adolescents de l'âge de 7 à 14 ans, avec préférence pour les aires de risque et de vulnérabilité sociale. Dans ces aires-ci on a installé des noyaux où surviennent les activités sportives, les activités de loisir, de renforcement scolaire et de nourriture. Un de ces noyaux-ci est le Parc Aquatique Municipale de Volta Redonda (PAM), où les élèves du PST suivent des classes de natation. Le propos pédagogique du PAM a été formulé selon les principes du PST: un de ses buts est d'exploiter les diverses expériences qu'offre le moyen aquatique e de rendre possible la participation consciente de l'élève dans la construction de sa pratique aquatique. Dans ce contexte-ci, le PAM utilise la pratique systématique de plusieurs événements comme un moyen de faire l'évaluation et de donner des raisons pour le travail qu'on développe. Ce travail-ci veut faire le rapport de la réalisation de l'événement Gincanágua: on veut donner une contribution pour surpasser la façon traditionnelle d'évaluer selon laquelle la réussite est considérée l'unique forme de l'événement. Dans la Gincanágua on exploite et on valorise plusieurs façons d'habilités aquatiques en commençant dès le domaine de l'acte de nager: on réalise les épreuves dans une piscine olympique dont la profondeur est de 1,80 m. Les épreuves sont les suivantes: "Néttoyez l'eau!", "Montez la paro-le!", "Remplacement en remorque!", "Remplacement en Sonrisal!".

Mots-clés: enseignement, natation, événement.

(Éclaircissement: **gincanágua** veut dire "Concours dans l'eau")

GINCANAGUA UN EVETNO DEL PROGRAMA SEGUNDO TIEMPO EN VOLTA REDONDA

TRADUCCIÓN

La Municipalidad de Volta Redonda a través de la Secretaría Municipal de Deporte y Recreación (SMEL), junto a la Secretaría de Deporte Educativo del Ministerio del Deporte, promueven el Programa Segundo Tiempo (PST) en la ciudad de Volta Redonda. El PST es destinado a garantizar el acceso a la práctica deportiva a los alumnos matriculados en la red pública de enseñanza fundamental y secundaria del país, atendiendo niño/as y adolescentes de 7 (siete) a 18 (dieciocho) años de edad,

prioritariamente, en área de riesgo y vulnerabilidad social. En esas áreas están instalados núcleos donde acontecen las actividades deportivas de recreación, apoyo escolar y alimentar. Uno de esos núcleos es el Parque Acuático Municipal de Volta Redonda (PAM), donde los alumnos del PST realizan clases de natación. La propuesta pedagógica del PAM es elaborada de acuerdo con los principios del PST, y tiene como uno de sus objetivos explorar las diversas experiencias que el medio acuático ofrece, posibilitando la participación consciente del alumno en la construcción de su práctica acuática. En este contexto, es práctica sistemática del PAM la realización de eventos con medio de evaluación y motivación del trabajo desarrollado.

Este trabajo tiene como objetivo relatar la experiencia de la realización del evento "Gincanagua", contribuyendo para una visión de evento de natación que supere el tradicionalismo en que el mismo es pautado, donde la mayoría de las veces, el modelo oficial de competición del alto rendimiento es reproducido indiscriminadamente como la única forma de evento. En la "Gincanagua" fueran exploradas diferentes habilidades acuáticas, a partir del dominio del acto de nadar, pues las pruebas (Limpie el agua, Junte la Palabra, Alternancia Remolque y Alternancia Sonrisal) fueron realizadas en la pileta olímpica con profundidad de 1,80m.

Palabras llave: Enseñaza, Natación, Evento.

GINCANÁGUA: UM EVENTO DO PROGRAMA SEGUNDO TEMPO EM VOLTA REDONDA

RESUMO

A Prefeitura Municipal de Volta Redonda através da Secretaria Municipal de Esporte e Lazer (SMEL), em parceria com a Secretaria de Esporte Educacional do Ministério do Esporte, promovem o Programa Segundo Tempo (PST) na cidade de Volta Redonda. O PST é destinado a garantir o acesso à prática esportiva aos alunos matriculados na rede pública de ensino fundamental e médio do país, atendendo crianças e adolescentes de 7 a 18 anos de idade, preferencialmente, em áreas de risco e vulnerabilidade social. Nessas áreas estão instalados núcleos, onde acontecem as atividades esportivas, de lazer, reforço escolar e alimentar. Um desses núcleos é o Parque Aquático Municipal de Volta Redonda (PAM), onde os alunos do PST realizam aulas de natação. A proposta pedagógica do PAM é elaborada de acordo com os princípios do PST, e tem como um de seus objetivos explorar as diversas experiências que o meio aquático oferece, possibilitando a participação consciente do aluno na construção de sua prática aquática. Neste contexto, é prática sistemática do PAM a realização de eventos como meio de avaliação e motivação do trabalho desenvolvido. Este trabalho tem como objetivo relatar a experiência da realização do evento Gincanágua, contribuindo para uma visão de evento de natação que supere o tradicionalismo em que o mesmo é pautado, onde na maioria das vezes, o modelo oficial de competição do alto rendimento é reproduzido indiscriminadamente como a única forma de evento. Na Gincanágua foram exploradas diferentes habilidades aquáticas, a partir do domínio do ato de nadar, pois as provas (Limpe a água, Monte a palavra, Revezamento reboque e Revezamento Sonrisal) foram realizadas na piscina olímpica com profundidade de 1,80m.

Palavras chave: ensino, natação, evento.