



Lawrence, Kansas

Skills & Abilities

STREAMLINES

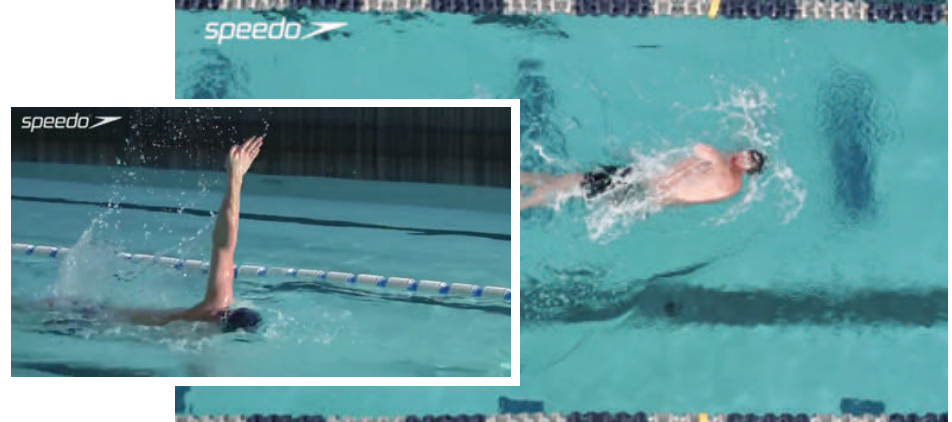


BACKSTROKE RECOVERY



Exit the water with a relaxed hand
Exit with the back of your
Exit your hand next to your hip
Shoulder will exit water first
Accelerate through the finish

Drills: I-Arm, Double Arm, Spin Drill



Hand will recover above the shoulder at 90 degrees to the water
Your armpit will be rolled out of the water; arm fully extended above your head and shoulder
Opposite hand is about to finish at the hip at this time

Drills: Freeze Drill, Salute



Enter your pinky first
Head remains still
Reach for 10 and 2

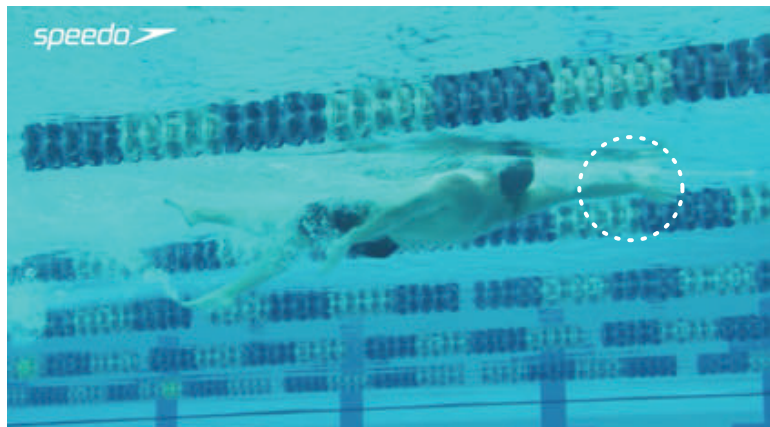
Drills: Kick in this position, I-Arm, Double-Arm



Enter your pinky first
Head remains still
Reach for 10 and 2

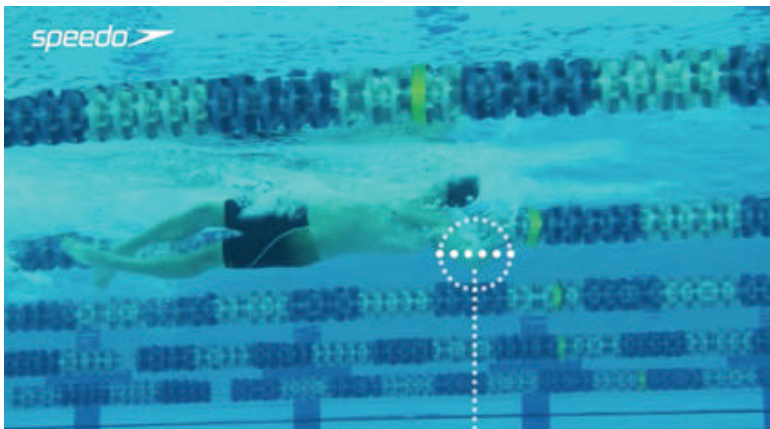
Drills: Kick in this position, I-Arm, Double-Arm

BACKSTROKE CATCH AND PULL



Entry is in line with the shoulder with the pinky down
Roll opposite shoulder out as you drive the hand into the water

Drills: Drill with kick in this position, 6-Kick & Switch



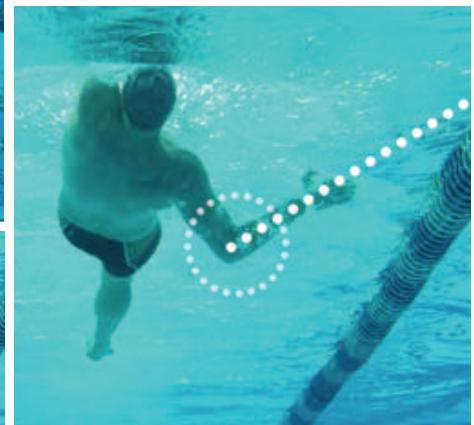
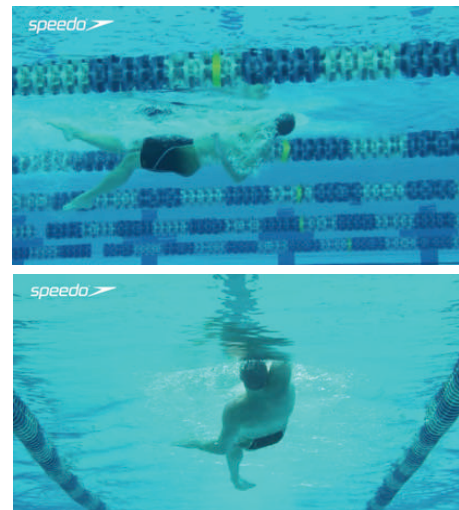
This image shows an inverted high-elbow
This is the catch
The elbow bends before the hand passes the head
Hips are fully rotated

Drills: I-Arm Backstroke, Double Arm



Initiating the catch and the depth of the catch will depend on the strength you have
Shoulder is fully rotated
Head is still
Elbow and forearm begins to catch

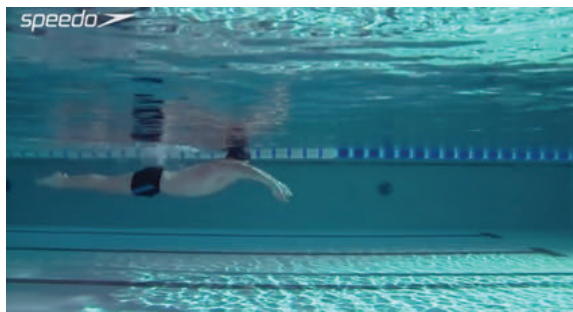
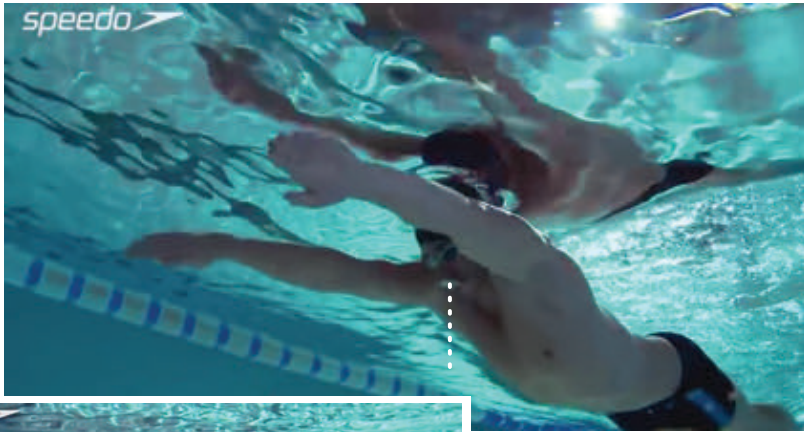
Drills: I-Arm Backstroke



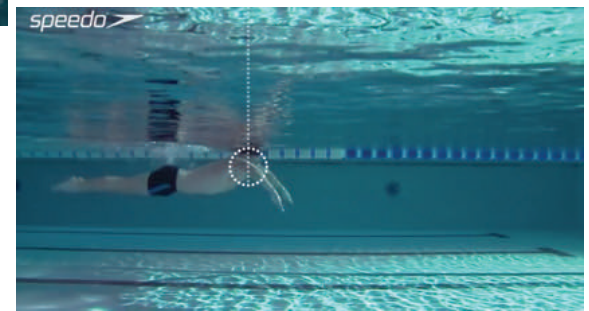
Elbow is at almost 90 degrees,
Fingertips are out towards the lane ropes
Fingertips are up as water is pushed to the feet at the finish

Drills: I-Arm Backstroke, Double Arm

BREASTSTROKE CATCH



Keep your elbows high, sweep outward
Focus on catching as much water as possible with your hands and forearm
Continue to press back with your arms,
until your arms sweep in front of your body
Notice the eye position at the initiation of the catch
Keep a flat back and low chin on the water
Let your head ride your shoulders for the breath
Notice the squeeze on the kick as you are catching

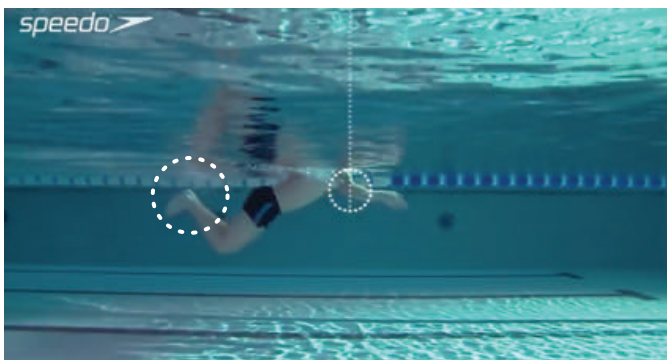


Drills:

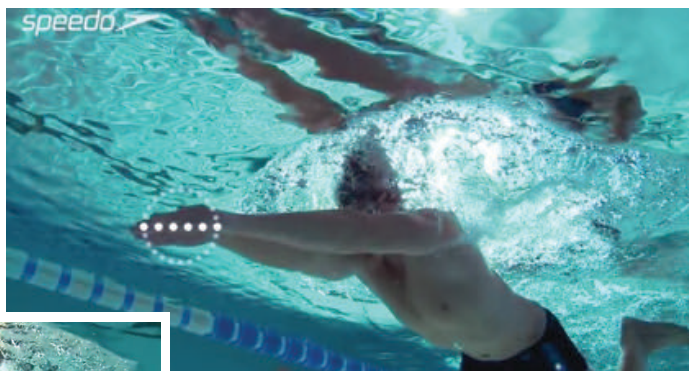
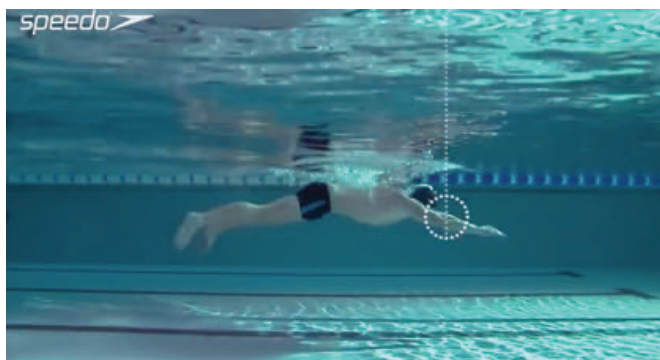
**Windshield Wiper Scull, Flutterbreast
Breast w/ snorkel, Breast pull w/ buoy,
Noodle Breaststroke**



BREASTSTROKE RECOVER & KICK



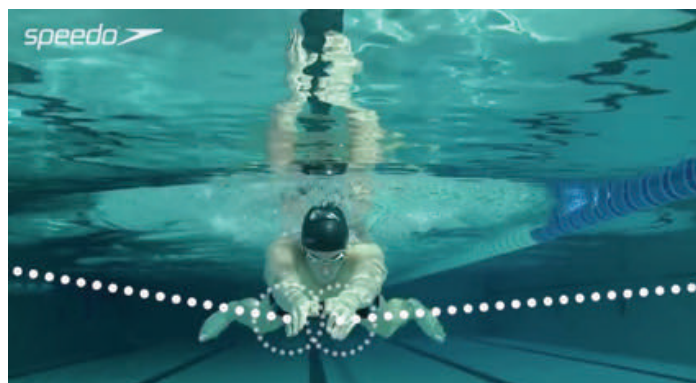
Heels up towards your behind
Use your kick to drive your hands forward and recover
Notice the press with your chest
Eyes are down



Head squeezes between your arms
Elbows stay in tight as you glide just under the surface and finish your kick



Hands are together at the palm just below your thumb
The body is long and glides through the water
Head rides the shoulders and eyes are down
Head is in a neutral position as you press



Notice the position of knees and feet
Feet are flexed with toes towards the lane lines
Try to close the kick fast at the same time you recover and extend your hands

Drills:

KP Drill (head position and elbows in)

1 Pull, 2 Kick

Lane Line Breaststroke

Kick breast with board in hand

3-Kick Breast

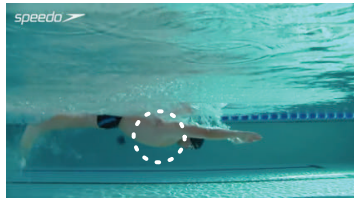
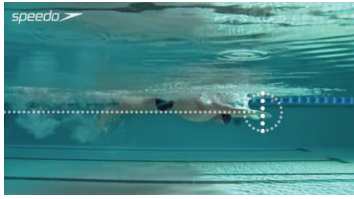
Prayer Drill

Armpit Breast

Hands Behind Back Kick

Noodle Breast

BUTTERFLY POSITION AND BREATH



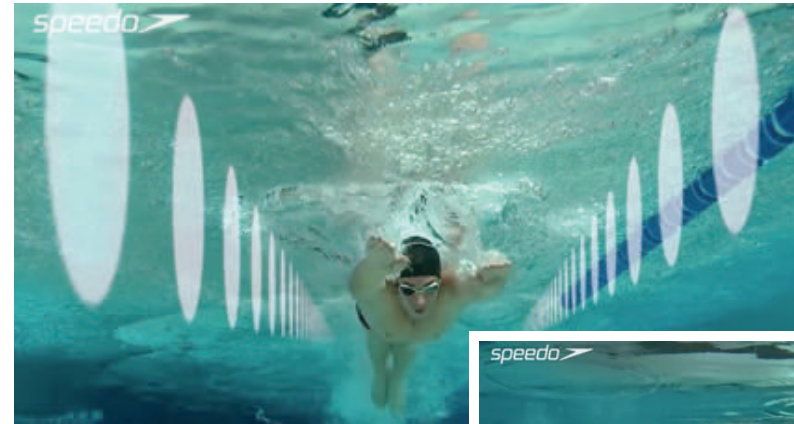
Drive the hands into the water and press down your chest and reach
Eyes are down and in a neutral position
There is a nice line with high hips due to press

Drills: Sky Fly One Arm Fly, Head Lead Dolphin with hips recovering up each kick, "I" Dolphin Kick

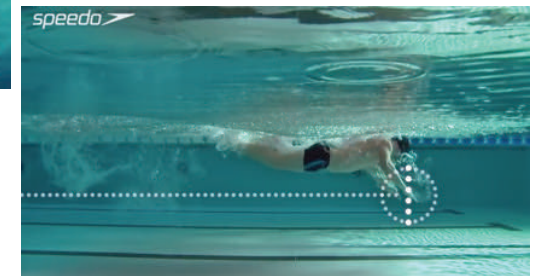


Press down, like getting out of the pool
Fingertips are down
Begin to take a low breath with chin as close to the surface as possible

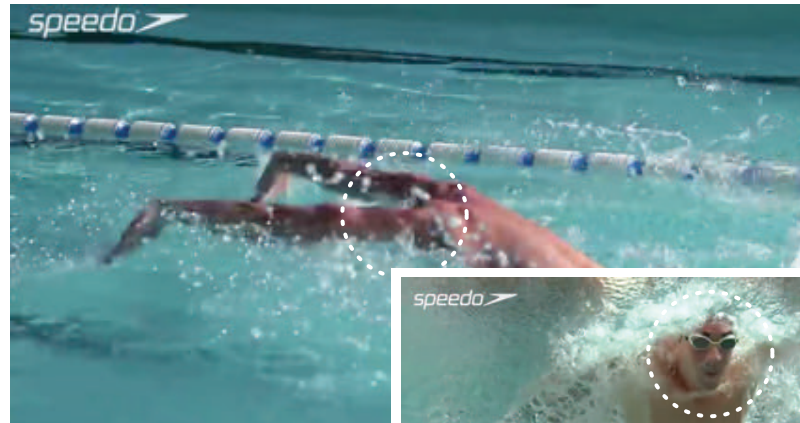
Drills: Try press-outs on the side of the pool, Head Lead Dolphin with "quick breath"



"In The Hallway" - notice where the hands are to begin the catch after entry
Catch with fingertips down, high elbow



Drills: "I" Dolphin Kick, I-Arm Fly

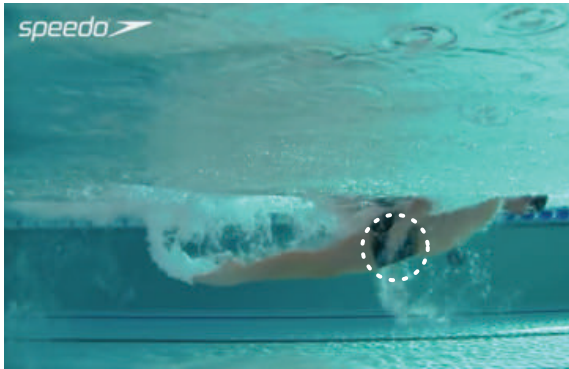


Rush head back to the neutral position immediately after the "quick breath"
Head down and in before hands



Drills: Head Lead Dolphin with "quick breath", always do quality fly with quick breaths until failure, USE FINS!

BUTTERFLY RECOVERY



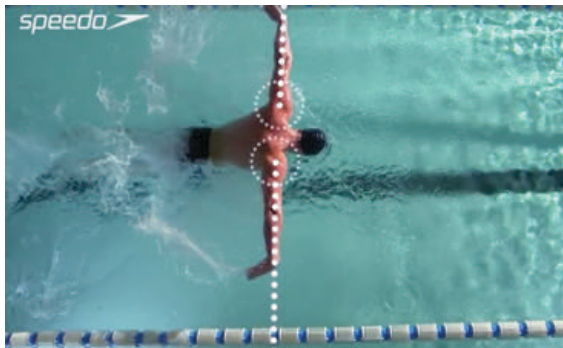
Accelerate hands past your hip into the recovery
Palms are up
Eyes are down



Head is in a neutral position and eyes are down



Recover begins with back of hand leading the way
Keep hands close to the surface of the water
Kids will try to flip their hands here



Recover arms straight across
There may be a slight high bend in the elbow,
but not like a freestyle recovery



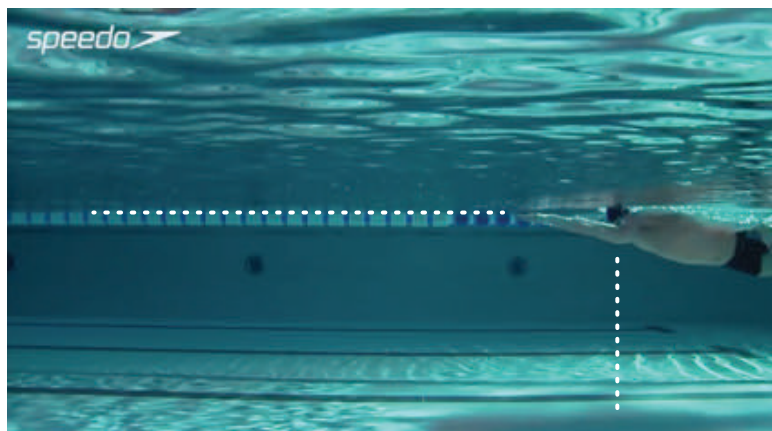
Drive hand into the water with thumb and
pointer finger "the L" of your hand



Recover the hands into the water just outside the shoulders
Reach and drive the hands and fingertips to the wall while you
press down with your chest
Dolphin kick your hands into the water
Hips up high as you press forward

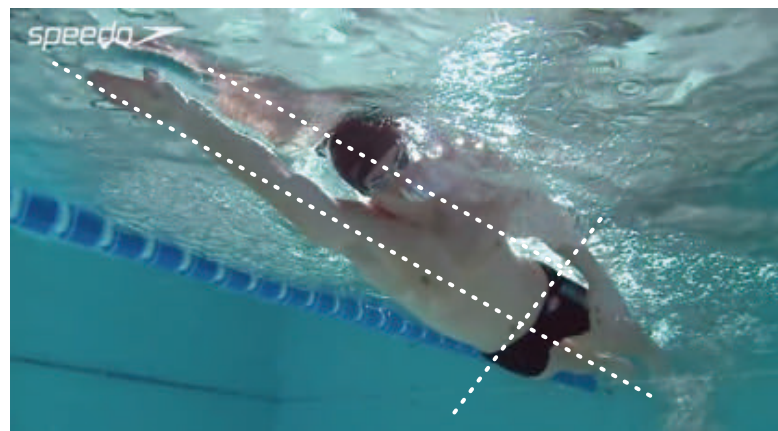
**Drills: Sky Fly One Arm Fly Progression, Head Lead Dolphin with
hips recovering up each kick, "I" Dolphin Kick**

FREESTYLE BREATH, POSITION & EXTENSION



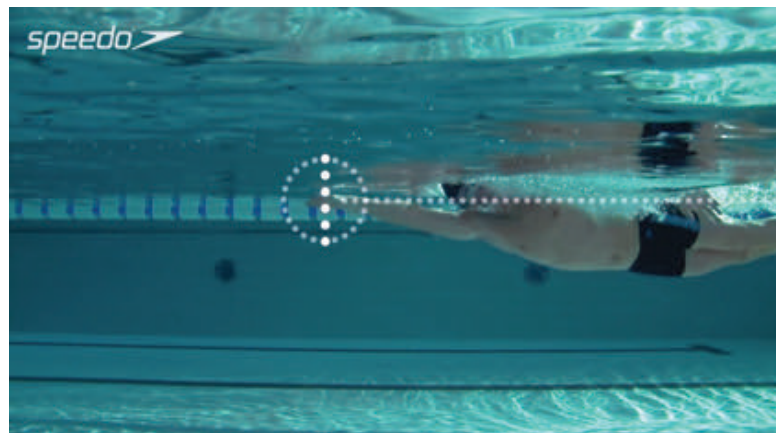
Keep your eyes directed beneath you - look at the bottom of the pool
Keep your body in a straight line and your back flat
Extend your fingertips to the wall - stretch and reach

Drills: Side Glide, 6-Kick Free, Kick on Side



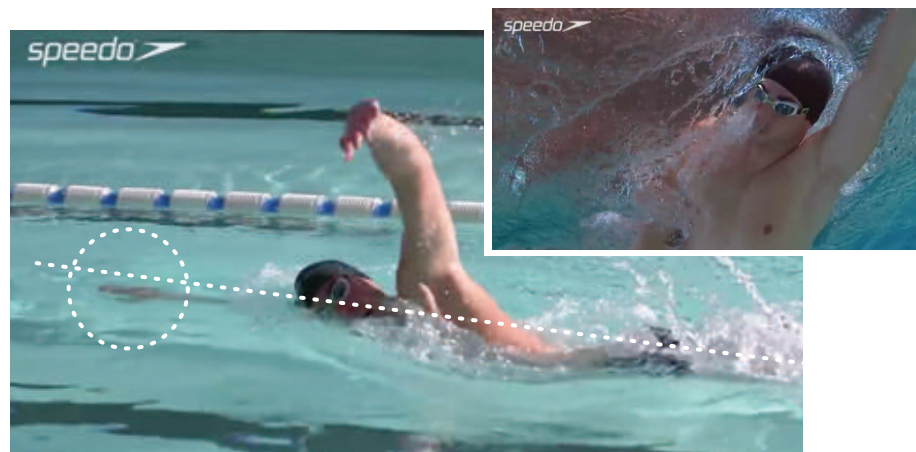
As your arm recovers over the water roll to breath, breathing into your armpit as your arm moves through to the stroke
Keep your ear close to your shoulder and keep your line and fingertips straight towards the wall

Drills: Side Glide, 6-Kick Free, Kick on Side



One goggle breathing with your head in line with your arm
Many young and novice swimmers will drop their arm here - it is supposed to be extended on this part of their stroke.

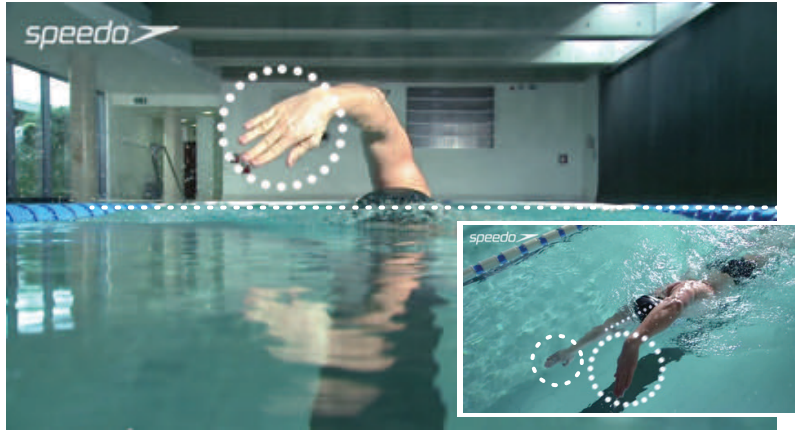
Drills: Work a strong 6-beat or even 8-beat kick to drive the hand forward and keep body in a straight line, any drill where you hold this position and kick (snorkel work)



One goggle is under and one above
High elbow and relaxed fingertips are used at the recovery
Note the position of the extended arm as the recovery occurs

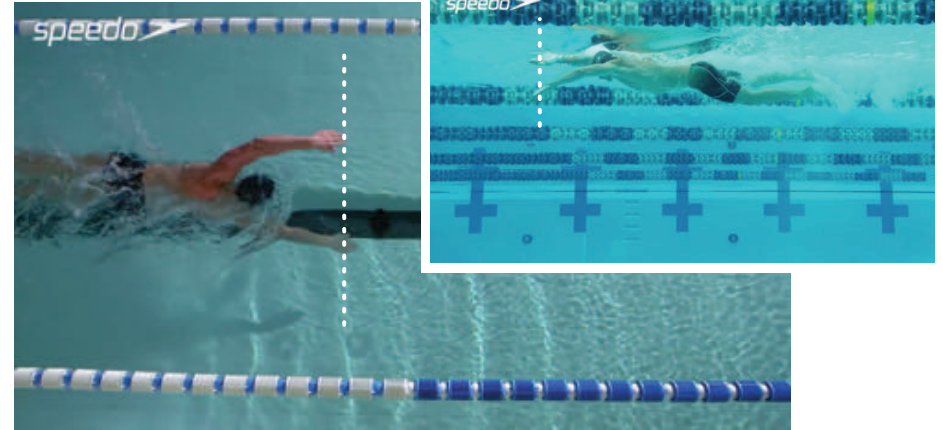
Drills: One Arm Free (breathing every 3 strokes), Catch-Up Free

FREESTYLE HIGH ELBOW AND CATCH



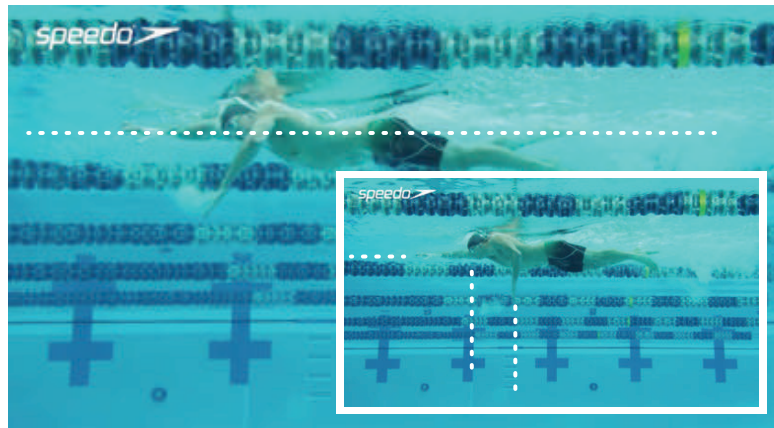
The relaxed fingertips are below the elbow
 The fingertips will hit the water at the same time
 The breath is taken into the armpit and head rolls in just before entry
 Opposite arm is still out front to initiate a strong catch

**Drills: Catch-Up, 4-Point Freestyle, Finger-Tip Drag
 Shark Fin, I-Arm Free w/full extension**



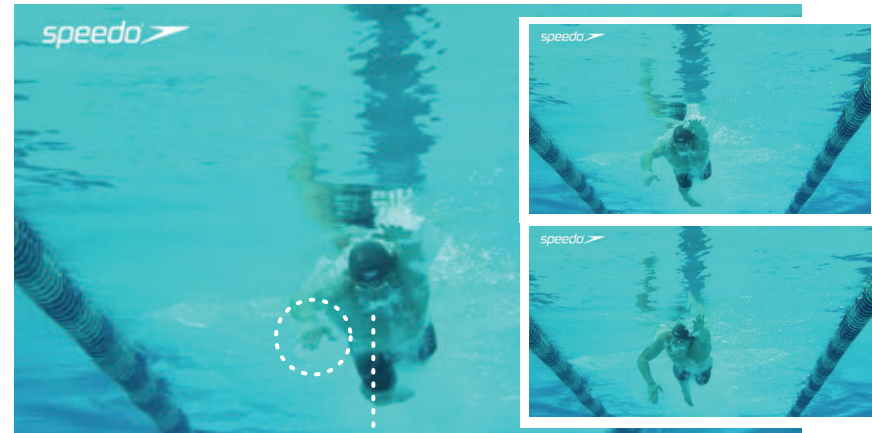
“Hands cross at the top of the head” - notice where the hands are
 Notice the swimmer is almost doing a catch-up stroke
 Finger-tips are driving forward on recovery with a high elbow
 As hand initiates catch, fingertips are towards the bottom of the pool and just outside of the hips

**Drills: Catch-Up, 4-Point Freestyle, Finger-Tip Drag
 Shark Fin, Underwater pull only (Levers)**



Fingertips are down, elbow is high
 Pull body past the elbow, elbow stays high
 Opposite hand is straight and extended

**Drills: Catch-Up, 4-Point Freestyle, Finger-Tip Drag
 Shark Fin, I-Arm Free w/full extension**



Pull to the outside of your body, fingertips down and elbows up high
 Drive your kick, 6-beat kick
 Eyes down
 As you pull through and initiate the recovery, begin to roll to your breath

**Drills: Catch-Up w/ a board, Finger-Tip Drag, Underwater
 pull only (Levers), “paddle the surf board”**