

Notes on Turns

- ★ Know your stroke counts
- ★ Never “float” through a turn
- ★ Speed in = speed out
- ★ The faster the tuck, the faster the rotation
- ★ Goal: one continuous movement
- ★ Everything starts with an efficient streamline arm position; “hand” sandwich - wrap thumb around other hand to “lock” position
- ★ To master all steps during practice, focus on one step and one focus point at a time; choose one focus point each time you go to a workout
- ★ You are never faster than when you push off the wall (except start)
- ★ It takes 3000-5000 repetitions to break a bad habit of movement, while it takes 300-500 repetition to learn the correct movement from the start
- ★ Perfect Practice makes Perfect - Be patient
- ★ Sometimes you have to swim slower to ultimately swim faster.

Breaststroke turn Review

1. Approach - look down as your reach wall
2. Tuck - point toes and make it tight and fast
3. Elbow - get it behind body with karate style speed and intensity
4. Roll - to back not to side; hand moves like arrow skimming ear

5. Drive - plant your feet

Rule: You must be completely on stomach before you start underwater pull out

Butterfly turn - same steps as breaststroke turn, on streamline push off, add dolphin kicks (must be powerful, snap hips), on breakout, complete one stroke of fly (minimum) before breathing.

Underwater Pullout Review

1. The **push-off** -- solid streamline
2. Add **pulldown** - keep elbows high as you anchor and pull
3. **Recover hands, no kick** - Sneak hands under body
4. **Kick into streamline** - Keep kick narrow and hidden behind body
5. **Breakout** - Eyes down as you break into 1st stroke