

Evaluating Technique

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Freestyle

- Front view reveals if athlete has good catch
- Hand in line with the shoulder
- Elbow bent and wider than hand/shoulder
- Fingers facing down or inward
- Hand entry and extension in line with shoulder
- Rotate forward
- What happens during breath?
- Too much rotation? Too late rotation?



Backstroke

- Entry points above shoulder, pinky first
- If too narrow and with back of hand, how is rotation timing? Is entering shoulder staying up too long?
 Can you see arm pits?
- After entry, look for hands going wide
 - Fingers pointing to the side
 - Arm is out to the side



Breaststroke

- Evaluation is a little more elusive
- Looking at overall quality of the movement rather than specific checklist
- Does the body always move forward?
 Or is it stop-and-go / up-and-down?
- Look for good attack on the water with body/head/arms during recovery
- Upperbody gets forward / in-line
 - Hands not smashing on insweep
 - "Triangle" space between arms at start of recovery
 - Palms turn down on recovery
- Hips stay high
- Appearance of late timing is likely slow feet or not getting body in line



Butterfly

- Similar to breaststroke, primarily making a judgement on the movement during the forward press
 - Hand entry, head entry, 1st kick (hips popping) all working together
 - Good forward attack on entry
 - Is head timing in sync with arms?
 - Do arms enter in front of shoulders? Or too narrow?
 - Press forward, not down
- Two kicks
- If hands are getting stuck at finish (or start of recovery):
 - Are the hands finishing too far back?
 - Lifting up too much for the breath? Arching the back?



For more information:

- Tips & Training
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As we approach World Championship Trials next month, it seems like a good time to take a look at what the rest of the world has been up to in 2013.

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5/13/2013 Following Routine: Should I Do a Wake-Up Swim?

With the summer championship meets just around the corner, a lot of athletes and coaches are working to finalize the details of their race-day plans. While there is something to be said about the calm and confidence that can be gained through following a routine, the ability to be flexible and adapt to situations is something that gives elite athletes an edge.



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