



## Race Analysis Senior/National

### What to Bring

1 race video on a device (phone, tablet or mobile)  
Tempo Trainer-if you have one

### What are Habits?

Individual  
“Consistent Actions”

### What are Standards?

Group and Team Standards-Maintain Accountability

### What is Work?

Hard Work  
Technical Work

[What happens when you combine work, great habits and standards](#)

### Race Analysis

[Race Analysis Template](#)

Women's Long Course 100 Fly

### Kick Technique

<https://swimmingcoach.org/page/techniquelibrary>

Free Kick  
Breast Kick  
Dolphin Kick

### Races

<u><a href="#">Grethen Walsh</a></u>	100 Fly
<u><a href="#">Jordan Crooks</a></u>	100 Free
<u><a href="#">Caleb Dressel</a></u>	50 Free
<u><a href="#">Kaie Douglas</a></u>	200 Breast

**Individual Analysis**

Kick Count  
Stroke Count  
Tempo  
Breathing Pattern  
Splits

**Bring 1 Video**

UW Kick Count  
Stroke Count/Cycles  
Use Stopwatch/Tempo Trainer  
15 meter, splits per 25

*\*Bring a tempo training if you have one*