



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TALKING SHORT AXIS

ONLINE Y SWIM COACHES FORUM

December 1, 2020



# UPDATES: YMCA AND USA SWIMMING



**YMCA of the USA**

Lindsay Mondick



**USA Swimming**

# Y COACHES FORUM SCHEDULE

December 1 – Talking Short Axis

December 15 – No GPS For This Journey

January 12 – 12&U Focus?

January 26 - ?

Send your suggestions to [mgriffin@myy.org](mailto:mgriffin@myy.org)  
or [mike@wsyswim.org](mailto:mike@wsyswim.org)

# RESOURCES & TOOLS

YMCA Swim Lesson Curriculum & Aquatic Conditioning Pathway  
(<https://link.ymca.net/intranet/pages/714?lang=ENG>)

USA Swimming Online Clinic Series – Training and Technique  
(<https://www.usaswimming.org/articles-landing-page/2017/04/03/online-clinic-series---training-technique>)

ASCA Level 2 – Stroke School & others  
([www.swimmingcoach.org](http://www.swimmingcoach.org))

GoSwim ([www.goswim.tv](http://www.goswim.tv))



# TEACHING & COACHING SHORT AXIS STROKES

**Coach Lou Petto, Upper Main Line YMCA (PA)**

Key Points for Butterfly & Breaststroke

Who has other key points or tips?

What do you emphasize?

What do you use: Drills, Phrases/Cue Words, Training Tools?





# THANK YOU

**Next Online Y Coaches Forum: *No GPS For This Journey***  
**Tuesday, December 15, 2020**  
**11:30 am EDT**