

DAY 1 (WED), 6-8PM at WSU**Introduction**

Welcome

Learning Efficient Swimming is like "Building a Skyscraper" (see attachment)

Lifetime Benefits: health, longevity, energy levels, education, time budgeting, relationships

Key Terms: inhale/exhale, pull/recovery, catch, anchor, body line (head-neck-spine), posture, water line (surface), build (accelerate), streamline, entry, MOP (middle of pool)

Drills are Progrssive, every one of them has a purpose and most of them align with another drill or sequence of drills

Balance

Discussion - Body Position, Head Position, Eye Position, CM vs CB (think "teeter-totter")

Balance Drills: **Ball Float** (find the CB), **Ball Float > Prone** (be patient!)

Freestyle (Long Axis Stroke)

Discussion - Long-axis, front loading, quadrant arm timing, goggle breathing

"Build Your Stroke" Progression: **Head Lead Kick > Head Lead Kick on Side > Head Lead Rotation > Single Arm Lead Kick on Side > Head Tap & Hold 6k > Freeze w/Switch > Navy Seal > Full Stroke**

Problem Areas: Arm timing: Almost Catchup (benefits over 'catchup'), hand position at the recovery

in-Water

Balance Drills (if time)

Freestyle Drills

Freestyle Stroke

Using the Scoreboard Clock (if time) - sample set

DAY 2 (SAT), 11AM-1PM at WSU**Balance**

Discussion - pushoffs, sculling and breathing tips

Balance Drills: **No-Arch Land Demonstration**, **Bobs**, **Complete Sink** (not easy!), **Body Glide from Push**, **Lip Breathing**, **Forward Scull**, **Reverse Scull**

Backstroke (Long Axis Stroke)

Discussion - Upside Down & Backwards, Heap Leading Body Roll (maybe flatter than 1990's?), Head Position (chin in), Kick Emphasis, Recovery, Anchor Point (pinky lead), Pulling Motion, Hand Exit

"Build Your Stroke" Progression: **Head Lead Kick > Head Lead Kick 45deg > Back Rotation > Single Arm Lead 45deg > L Drill > L w/Switch > L SneakaPeek > OneArm Back > Full Stroke**

Problem Areas: straight arm pull for novice swimmers, body position for all swimmers, kicking must be continuous!

in-Water

Freestyle Review (Drills & Stroke)

Balance Drills (if time)

Backstroke Drills

Backstroke

Using the Scoreboard Clock, kick and/or swim set

Backstroke Start - tuck, eyes on hands, throw, single kick upward on entry, 3-8 fly kicks underH2O, break out just under water line

DAY 3 (SUN), 12-2PM at WSU**Free & Back Turns (Long Axis Strokes)**

Free Turns - accelerate, hands at sides faced down, tuck head & pull hands inward, push off on left side, breakout w/left arm (lower), breath on arm pull #2 or higher

Back Turns - Identical to freestyle, timing the roll with the "L" drill is a great method, only count strokes when you are young, default to 3-5 dolphin kicks off wall

Flip Turn Drills - **Tight Ball > Single-Flip MOP > Double-Flip MOP > Wall-Flip-Line with Kick** (on back) > **Wall-Flip-Corkscrew**

In-Water

Freestyle Review

Backstroke Review

Free turns

Back turns

Platform Starts: track vs.grab, head position, feet position, jump-to-streamline before entry, accelerate into water-hole

DAY 4 (WED), 6-8PM at WSU**Breaststroke (Short Axis Stroke)**

Discussion - Career (young swimmers don't make this stroke your only focus), "undulate & rhythm", timing of pull/kick, timing of hand speed, elbows in front of ribs, striking forward, chest drops while hands & feet come to a "point", breathing

"Build Your Stroke" Progression: **Kick Angle** (4 types: wall, horizontal, under, on back) > **Undulate** > **Undulate Load** > **Full Stroke**

Problem Areas: The arm pull "it's not a pull, it only feels like it!" - a lot of forward sculling helps

In-Water

Misc Review

Breaststroke Drills

Breaststroke

Using the Scoreboard Clock, kick and/or swim set

Breaststroke Pullout "3-2-1" with single dolphin kick (the "1" is fairly long and should bring you to the surface), breakout just below

Breastroke Start

DAY 5 (SAT), 11AM-1PM at WSU**Butterfly (Short Axis Stroke)**

Discussion - Flat stroke that includes "undulate & rhythm", pull-kick timing (2 kicks per arm cycle), pull pattern and flare-outs, think "forward energy" with the shoulders during the recovery, breathing

"Build Your Stroke" Progression: Modern One-Arm Fly, **Undulate** > **Undulate Load** > **Land-It Drill (surface)** > **Full Stroke**

Problem Areas: Timing & Rhythm - Modern One-Arm Fly is a great way to master body rhythm

In-Water

Misc Review

Butterfly Drills

Butterfly

Using the Scoreboard Clock, kick and/or swim set

Butterfly Start - Track vs. Grab, Pike, streamline before entering water

DAY 6 (SUN), 12-2PM at WSU**Breast & Fly Turns (Short Axis Strokes)**

Discussion - Open Turns (and Transition Turns for the IM), Steps: In-n-out in a straight line, (1) hot potato left hand, (2) open door, (3) Mr. Cool, (4) don't turn head, (5) push-off on side & rotate to your stomach during the streamline. Breast - do a 3-2-1 pullout. Fly - do 3-5 kicks.

Drills: **Leg-Tuck from Prone (MOP)**

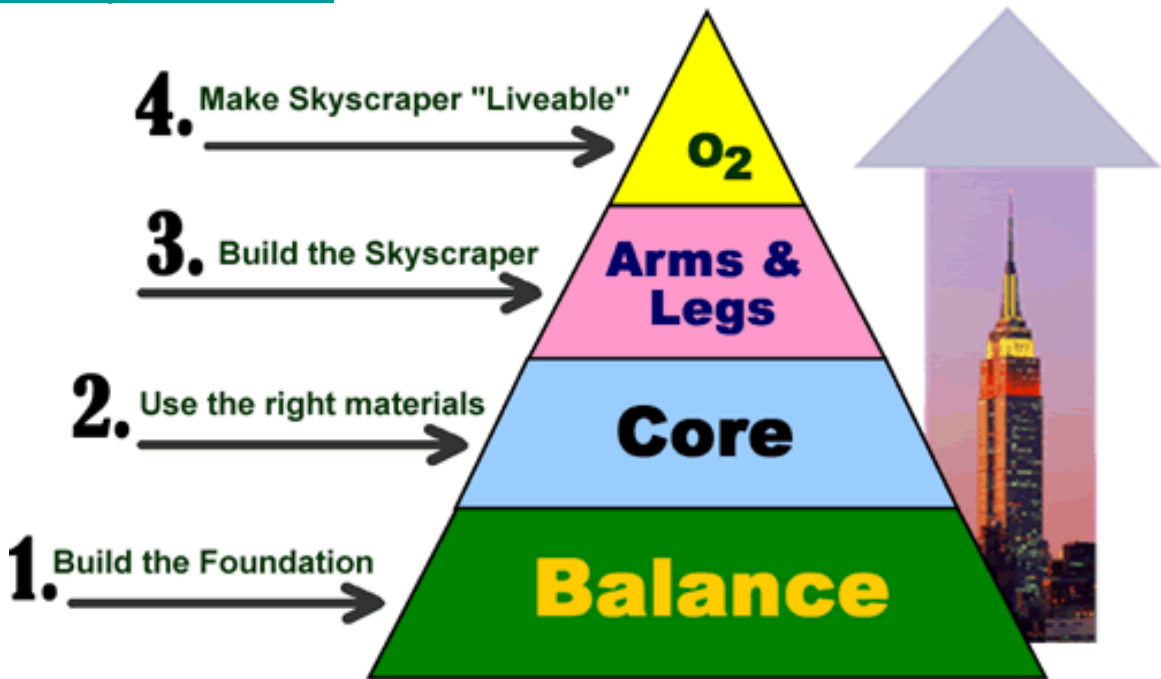
In-Water

Freestyle Review, Misc Review

Open Turns

Using the Scoreboard Clock, kick and/or swim set

Relay Starts - Windup with Lean (don't stand), Step-in-Start

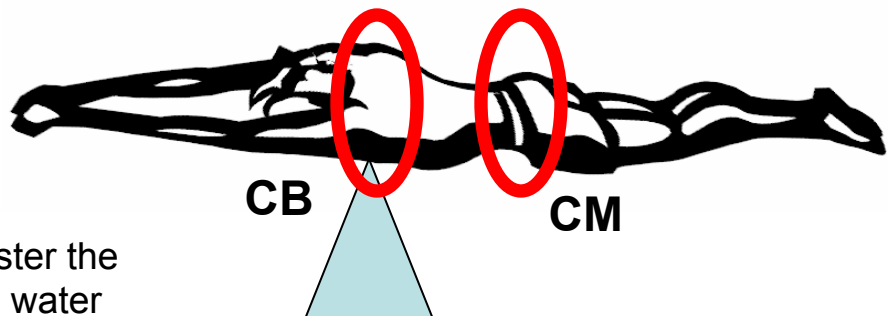


Center of Buoyancy (CB)

This is the "center" of our body in the water

Center of Mass (CM)

This is the "center" of our body on land



Your goal: master the "seesaw" in the water