



★ TECHNIQUE Training

BALANCE

If you have been around a pool deck and listened to the coach, I'm sure you have heard him/her say; eyes down, get your head down, or get into a neutral position. Balance in the water is a hard but not impossible thing to achieve. Swimmers have to work against what their body naturally does in the water. Since hips are heavy with bone and lungs are like balloons full of air, the body wants to go into a vertical position naturally. To counterbalance this position and to swim horizontally, the athlete must reposition and balance the body on top of the surface of the water.

This is what we call "Neutral Position". It is achieved through awareness, drills, core strength, and feedback.

Several Techniques that help a swimmer maintain a neutral position when swimming:

1. Eyes down. (getting the spine and neck straight on the surface of the water). the human tendency is to look ahead at what is coming, however, this causes the hips to drop. Swimmers must work on finding the right position where they feel comfortable but can maintain balance.
2. Leave the lead arm out front. This timing skill helps counterbalance the weight of the hips.
3. Balanced breathing or "sneak a breath". One of the quickest ways the swimmer will lose his/her balance is by lifting the head to high to get a breath.
4. Smooth entry. This will help the swimmer maintain balance by not pushing down on the water causing an up and down movement.
5. Engage the core. swimmers must engage the core in order to hold the weight of the hips and legs on the surface of the water.

★ Meet Training

Benefits of Warming up or down during competition

The 2-20 Rule

THE 2 RULE

The 2 stands for the number of minutes a swimmer should take to get in the warm-down pool after a race. This gives him/her just enough time to speak with their coach and begin warming down after a race. We also often tell our swimmers if the coach is busy with other swimmers to go warm-down first then come see their coach. why 2 minutes? a longer wait gives the body more time to tighten making for a longer process for the muscles to flush lactate.

Why Do It?

1. Help gets the heart rate down. warm down should be at least the amount of time it takes to achieve this.
2. It flushes lactate and waste which allows the muscles to recover.
- 3.) it brings the muscle temperature down, which helps the enzymes return to a functional state allowing the body to prepare for the next race.
4. It relaxes the body and mind which is much needed after the swimmer was in a race state. This will also help the body heal.
5. It allows the swimmer time to think about the race and try corrections in the water.
6. Routine helps the swimmer as discussed in previous Swim virtually

At a young age, I teach the swimmer; the warm-down should be double the race you swam with one of the laps in the middle being a little higher intensity than slow swimming. As the swimmer matures and becomes aware of how their body responds to race state, they should adjust the amount and intensity depending on race length, stroke, time of the session, and time within the meet. It is my goal to educate the swimmer of this process and then give him/her the tools to become aware of their own needs.

THE 20 RULE

This refers to the amount of time a swimmer should have been in the warm-up pool prior to a race. Often the time between races may exceed 45 min or more. By getting in the warm-up pool about 30 min prior to the race, swimming for 5-10 min and getting out of the pool 20 min prior to the race, the swimmer will be more race-ready than if he/she had not. However, age and physical conditions of the pool may make this "rule" different.

1. It keeps the mind and body in a physiology state ready to respond to a high level of performance.
- 2.) It "wakes up" the fast-twitch muscles.
- 3.) It allows the swimmer a quiet place to think and plan for the upcoming race.
- 4.) It helps the swimmer establish the feel of the water.
- 5.) The swimmers may practice race-specific techniques.
- 6.) The swimmer may work on the pace they will need for the race.
- 7.) The routine will help the swimmer be a better race-ready state.

★ DRYLAND

Dryland is not mandatory. It is Optional. Dryland is done at your own risk. Children should be supervised by a parent while doing any of the exercises listed.

WHY CORE STRENGTH TRAINING IS SO IMPORTANT FOR SWIMMERS

Core strength training is a key component in helping the swimmer.

A strong core will:

1. Improves balance in the water which improves body position.
2. Increase power which in return increases the swimmer's speed
3. It helps the swimmer execute skills such as starts and turns faster and more efficiently.
- 4.) It helps prevent injury.

Here is a great link for some core exercises.

<https://www.swimming.org/masters/fran-halsalls-core-exercises-for-swimmers/>

DRYLAND WORKOUT MIX & MATCH

Mix these up to create several dryland workouts make sure you check out Coach Traci's Video that goes with this workout. <https://www.youtube.com/watch?v=zBfKY0oH708&feature=youtu.be>

10 min Stretch

10 Min Jog to get heart rate up

Coach Traci's Dryland Workout

Developmental should go through this 2 x times Age Group 3 times

SET 1

Dev - 25 x AG 50 x each one

- 1.) Jumping Jacks
- 2.) Squates
- 3.) Pretend Jump Rope
- 4.) Side to Side

SET 2

Dev - 25 x AG 50 x each one

- 1.) Russian Twist on Mat
- 2.) Bicycles on Mat
- 3.) High Knees
- 4.) 1 min Run in Place getting heart rate up

SET 4 w/ Chair and helper to hold chair

Dev - 15 AG - 25

- 1.) Incline Pushups
- 2.) Tricep Dips
- 3.) Incline Pushup with Alt. leg raise

SET 5

 w/ Mat

Dev - 30 sec AG - 1 min

- 1.) Straight Arm Plank
- 2.) V - Ups
- 3.) Up Down Planks
- 4.) Throw Downs w/ partner
- 5.) Plank Jacks

SET 3

 Arms Chest Abs

Dev - 15 AG - 25

- 1.) Chest to ground push ups
- 2.) Butterfly Crunches
- 3.) Diamond Pushups
- 4.) Sit Ups Fast Up Slow Back