



*From Novice to Olympian, Achieving Excellence  
Through the Sport of Swimming*

## Development & Skill Progression

### **Fusion Group**

#### Stroke Skills & Goals

##### **Skills**

###### **Freestyle**

1. Head down-eyes to bottom
2. Fingertip entry-extension above Water
3. Long strokes (big arms)

###### **Backstroke**

1. Head back and still
2. Kick with toes pointed
3. Head between arms when reaching

###### **Butterfly**

1. Feet together on kick
2. Hands recover in same plane
3. Breathe with chin on surface

###### **Breastroke**

1. Feet together on finish of kick
2. Long stroke- glide after kick
3. Head between arms when reaching

##### **Goals**

1. Side breathing
2. Legal flip turns
  - a. feet over head, knees tuck under
  - b. feet land square on wall
  - c. push off in streamline

1. Know stroke count to wall
2. Start and finish on back
3. Flip turn
  - a. 1 Free stroke to turn onto front
  - b. Flip before recovering hand passes hip
  - c. Push off in streamline on back
  - d. UW dolphin kicks on back

1. Two hand touch on the wall
  - a. Legal turn
2. UW dolphin kicks off wall
3. One up one down breathing

1. Two hand touch on walls
2. Legal turn
3. Pullout
  - a. Only add dolphin if swimmers get basics of pulldown.

## Starts

1. Dive progression
  - a. Seated in streamline
  - b. Kneeling in streamline
  - c. Track start on side of pool in streamline
  - d. Track start on side of pool
  - e. Block start
  
2. Back Start
  - a. From gutter
  - b. Feet high on wall
  - c. Push straight back off wall
  - d. Arch back, head back, arms in streamline before head hits water

## Set Goals for end of season

1. Complete a legal 100 Freestyle
2. Complete a legal 100 IM
3. Complete 100 flutter kick

## Explorer Group

### Stroke Skills & Goals

#### Skills

##### Freestyle

1. Head down-eyes to bottom
2. Fingertip entry-extension above Water
3. Long strokes (big arms)

#### **Backstroke**

1. Head back and still
2. Kick with toes pointed
3. Head between arms when reaching

#### Goals

1. Side breathing
2. Legal flip turns
  - a. feet over head, knees tuck under
  - b. feet land square on wall
  - c. push off in streamline
  
1. Know stroke count to wall
2. Start and finish on back
3. Flip turn
  - a. 1 Free stroke to turn onto front
  - b. Flip before recovering hand passes hip
  - c. Push off in streamline on back
  - d. UW dolphin kicks on back

## Butterfly

1. Feet together on kick
  2. Hands recover in same plane
  3. Breathe with chin on surface
1. Two hand touch on the wall
    - a. Legal turn
  2. UW dolphin kicks off wall
  3. One up one down breathing

## Breaststroke

1. Feet together on finish of kick
  2. Long stroke- glide after kick
  3. Head between arms when reaching
1. Two hand touch on walls
  2. Legal turn
  3. Pullout
    - a. Only add dolphin if swimmers get basics of pulldown.

## Starts

1. Dive progression
  - a. Seated in streamline
  - b. Kneeling in streamline
  - c. Track start on side of pool in streamline
  - d. Track start on side of pool
  - e. Block start
2. Back Start
  - a. From gutter
  - b. Feet high on wall
  - c. Push straight back off wall
  - d. Arch back, head back, arms in streamline before head hits water

## Practice goals

1. Legal turns all four strokes and IM
2. UWs off every wall in free, back and fly
3. Streamlines off every wall
4. Reading pace clock—leave :10 apart
5. Reading pace clock—basic intervals (ex. 1:00, 1:15, 1:30)
6. No bouncing on bottom of pool
7. Lining up properly after each swim
8. Drill and Kick all the way to the wall

## Set Goals for end of season

1. Complete a legal 100 IM
2. ???

## Raptor Group

### Goals

#### **Butterfly**

1. feet together on kick
2. hands recover in the same plane
3. breathe w/ chin on surface
4. finish pull past hips
5. head entry before hands hit
6. head slightly below, between arms at full extension
7. two beat kick
8. long, relaxed arm recovery.

#### **Backstroke**

1. Head back & still
2. Kick with toes pointed
3. Straight arm recovery and entry
4. Hand entry outside of shoulder
5. Thumb exit, pinkie entry
6. Shoulders flat as arm enters

#### **Breaststroke**

1. Feet together on finish of kick
2. Long stroke-glide after kick
3. Accelerate feet on kick
4. Head between arms at reach
5. Hips high at completion of kick

#### **Freestyle**

1. Head still and down- eyes to bottom
2. Rotate hips during stroke
3. Fingertip entry, extension above water
4. High elbow catch and pull

### Skills

1. Two hand touch on the wall
2. 3 UW kicks off each wall
3. 1 up 1 down breathing
4. Legal turn
  - a. two hand touch
  - b. heels to butt before turning to side
  - c. one arm to the side
  - d. other arm touching the wall gets tucked Behind the ear-eyes to the sky
  - e. Streamline and UW kicks

1. Know stroke count into wall
2. Starts and finished on back
3. 3 UW kicks off walls
4. Flip turns
  - a. Use 1 Free stroke to turn onto stomach
  - b. Flip before recovering hand passes hip
  - c. Push off in streamline on back

1. Two hand touch on walls
2. Pullout- introduce with dolphin kick
3. Turn (see butterfly)

1. Side breathing
2. Legal turns
  - a. Do not breathe into
  - b. Feet over head, knees tuck under
  - c. Feet land square on the wall
  - d. Push off in streamline- 3 UW kicks

### Individual Medley Turns

1. fly to back turn
  - a. touch with two hands
  - b. regular fly turn – one arm to the side, the other behind the ear (elbow your brother, call your mother)
    - i. Don't get directly on side – stay towards the back
  - c. into streamline on back – strong shimmers
  - d. **DON'T** – just fling the arms in the air after touching the wall
2. back to breast turn
  - a. lean into touch
    - i. **DON'T** lean to much – stay towards back
    - b. after touch – fast feet high on the wall – regular breaststroke turn
  - ii. Don't get directly on side – stay towards the back
    - c. into streamline on front – strong pullout
    - d. **Introduce Bucket turn if ready**
3. breast to free turn
  - a. regular breaststroke turn

### Practice goals

1. Legal turns all four strokes and IM
2. UWs off every wall in free, back and fly
3. Streamlines off every wall
4. Reading pace clock—leave :10 apart
5. Reading pace clock
6. Drill and Kick all the way to the wall
7. Understand threshold pace
8. Learn to find heart rate

### Set Goals

1. Complete a legal 200 IM
2. 6 100's of stroke (Interval that allows 15-30 seconds rest)
3. 10 100 IM's (Interval that allows 15-30 seconds rest)
4. 500-1000 kick for time
5. 500-1000 swim for time
6. 15 50's 200p on 1:30

# Mustang Group

## Goals

### Butterfly

1. feet together on kick
2. hands recover in the same plane
3. breathe w/ chin on surface
4. finish pull past hips
5. head entry before hands hit
6. head slightly below, between arms at full extension
7. two beat kick
8. long, relaxed arm recovery.

## Skills

1. Two hand touch on the wall
2. 3 UW kicks off each wall
3. 1 up 1 down breathing
4. Legal turn
  - a. two hand touch
  - b. heels to butt before turning to side
  - c. one arm to the side
  - d. other arm touching the wall gets tucked Behind the ear-eyes to the sky
  - f. Streamline and UW kicks
5. Complete legal 100 fly in meet

### Backstroke

1. Head back & still
  2. Kick with toes pointed
  3. Straight arm recovery and entry
  4. Hand entry outside of shoulder
  5. Thumb exit, pinkie entry
  6. Shoulders flat as arm enters
  7. Finish stroke away from body, straight back.
  8. Complete legal 100/200 Back in meet
1. Know stroke count into wall
  2. Starts and finished on back
  3. 3 UW kicks off walls
  4. Flip turns
    - a. Use 1 Free stroke to turn onto stomach
    - b. Flip before recovering hand passes hip
    - c. Push off in streamline on back

### Breaststroke

1. Feet together on finish of kick
  2. Long stroke-glide after kick
  3. Accelerate feet on kick
  4. Head between arms at reach
  5. Hips high at completion of kick
1. Two hand touch on walls
  2. Pullout- with dolphin kick.
  3. Turn (see butterfly)
  4. Timing-pull after completing kick
  5. Complete legal 100 Breast in meet

### Freestyle

1. Head still and down- eyes to bottom
  2. Rotate hips during stroke
  3. Fingertip entry, extension above water
  4. High elbow catch and pull
  5. Fingertips should be pointed towards the bottom
  6. Big hands all the way until hand reaches Mid-thigh
1. Side breathing
  2. Legal turns
    - a. Do not breathe into
    - b. Feet over head, knees tuck under
    - c. Feet land square on the wall
    - d. Push off in streamline- 3 UW kicks

### **IM Turns**

1. Introduce the crossover turn
  - a. Approach wall on back, KNOW STROKE COUNT
  - b. Reach with top arm (last stroke), it will cross your nose and body diagonally to touch the wall on your back
  - c. Rotate body laterally while you bring your knees to your head and hit the wall
  - d. Push off in streamline and transition from side to stomach

### **Practice Goals**

1. Legal turns all four strokes and IM
2. UW's off every wall in free (3), back and fly (minimum 6)
3. Streamlines off every wall
4. Reading pace clock—leave :10 apart
5. Reading pace clock—intervals
6. Drill and Kick all the way to the wall
7. Understanding of heartrate and threshold pace
8. Learn to find pulse and heart rate

### **Set Goals**

1. 5 200 IMs (Interval that allows 15-30 seconds rest)
2. 8 100's of stroke (Interval that allows 15-30 seconds rest)
3. 500-1000 kick for time
4. 500-1000 swim for time
5. 20 50's 200p on 1:30
6. ???

## **Senior Groups**

Continue to develop and hone skills & goals for each stroke

### **Practice Goals**

1. UW's off every wall in free (3), back and fly (minimum 6)
2. Streamlines off every wall
3. Drill and Kick all the way to the wall
4. Minimum of 75% attendance for Edge; 90% for Expedition
5. Commitment to not breathing in or out of walls
6. Honest effort on a daily basis

### **Set Goals**

1. 3 400 IM's (At minimum :30 seconds rest)
2. 5 200's stroke (Interval allows :15 to :30 seconds rest)
3. 10 100's Flutter Kick (Interval allows :15 to :30 seconds rest)

4. 30 50's 1:30 Goal 200p