USA Swimming National Convention

Butterfly Revolution

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Why? - Performance from Athens to Rio – significant decrease in medals

* Changes from age group level (grassroots)
* Common language like we have for freestyle

Talk fly (culture?)

Teach (Technique for stroke and racing?)

Train (How do you train it?)

Webinar Series (sign up for series on USA Swimming) – Butterfly Revolution (Russell Mark covers technique)

* First – Why and technique (Part 1)
* Second – Development of Dana Volmer (Part 2)
* Third – Use of freestyle to train fly

Russell Mark’s talk in Webinar

Technique Priorities –

1. Forward press
2. Two kicks (2nd kick must be big – knee bend ok)
3. Catch (crashing motion)

Training Volmer –

Broken down what actually needs to be trained

Where there were deficiencies in trainings? Where do we make adaptations? Training middle distance freestyle. Practicing shorter amounts of fly. Always perfect fly.

Thriving fly vs Survival fly – More, shorter repeats.

Facebook Butterfly Revolution – group, must click to join and wait to be added

Open Discussion –

Are there differences in fly from us to other successful countries?

* Coaches are super interactive on fly and breast
* Mastering the craft, not just muscling through
* Japanese swim fly long stroke (diving), uw is the same on both strokes. Crashing motion into catch
* Second kick is critical; breath gets in the way. Start with 3 cycles, then switch to free, get the second kick in place.
* Teach fundamentals for fly before other strokes (for even the beginner groups)

500/100/200 fly are different animals –

* Using legs early in 200 fly (to save arms)
* 100 is much more dynamic
* Amplitude of kick in 50 fly is small

Culture Change –

* Get kids excited about fly
* Using mentoring and challenge mentality to get over fear
* Experienced coaches teaching technique