

WATCH ME! Practice Habits

October 11, 2017

Parents & Swimmers -

Last week our Coaches attended the Southern California Swimming Coaches Clinic at El Camino College. Here's a video for you science geeks or physiology and anatomy lovers. Feel free to share this video with your swimmer as well. This is just one of many considerations we use when coaching and deciding how much practice time to spend on correcting technique or repeating drills or at velocity etc. Take a look, JUST FOR FUN! And this is my kind of fun!

<https://www.youtube.com/watch?v=f2O6mQkFiiw>

