



NEWSLETTER Sept - 2011

ISSUE #1

Welcome to all the new swimmers and their families as well as all of our returning swimmers and families, the Rapids are excited to have you on board for a great season of swimming. For families new to the sport of swimming it can sometimes seem overwhelming, so please ask questions. You can e-mail either me at chuckclark32@hotmail.com with your questions. This newsletter will be e-mailed out as an electronic copy monthly and posted on our website as just another way to make sure we are communicating as effectively as possible. We look forward to seeing you and talking with you as the season progresses.

Coach Chuck

SWIMMING 101

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular

motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Swimmer Tip of the Month

From Coach Chuck

NBOW (No Breath Off Walls), A major area for improvement for all swimmers is the ability to come off the wall in freestyle and butterfly and not take a breath. When a swimmer takes a breath off the wall most of the time they break their body position and negate the speed they had coming off the wall earlier than it needs to be. Keep in mind the fastest parts of any race are the start and turns.

Upcoming Dates To Remember

Team Suit Fitting on August 31st at the Shelton Community Center at 6:30 PM

Parent Meeting on September 6th at the Shelton Community Center at 7:30 PM