

**Presentation: Butterfly Revolution****GENERAL SYNOPSIS:**

The presentation focus was about how the USA is not medaling in the butterfly events and they wanted to have an open discussion about why this might be happening.

I did enjoy hearing about training fly. USA Swimming has a link to view that presentation (posted in coaches box).

**POSSIBLE MAIN POINTS OR TAKEAWAYS FOR...**

<b>LSC Board/Committee Members</b>	<b>Teams in Wisconsin</b>
<p><b>Coaches</b> Stop using fly as punishment. You want swimmers to get excited for this stroke. Talk about it just you talk about the other strokes.</p> <p>Most kids consider the fly as the hardest stroke. Train with technique and rhythm in mind, stressing the 2<sup>nd</sup> kick.</p> <p>Blend freestyle into your fly training. Again, hold technique.</p> <p>USA Link: <a href="https://www.usaswimming.org/articles-landing-page/2017/05/17/online-clinic-series---butterfly-revolution!">https://www.usaswimming.org/articles-landing-page/2017/05/17/online-clinic-series---butterfly-revolution!</a></p>	<b>Officials</b>
<b>Athletes</b>	<b>LSC Others</b>