

GENERAL SYNOPSIS (The Big Picture in 3-4 sentences):

This is probably the thing at convention that realistically has the least to do with actual governance or USA Swimming in general – it’s much more of a presentation that you would expect to see at a Coaching Clinic. Pretty sure it’s just in there as a nod to all the coaches in attendance in their LSC roles and it usually pretty full.

Russel Mark is basically the ‘video guy’ at the OTC and has a ton of high quality footage of basically every national teamer going back a while and he talked about what he’s looking for from each stroke – his first and second priority for each stroke

- FREE: catch forward entry
- BACK: catch tight pivot
- BREAST: surge forward quick heels
- FLY: dynamic entry 2 effective kicks

POSSIBLE MAIN POINTS OR TAKEAWAYS FOR...

<p>LSC Board/Committee Members</p> <p>Not much</p>	<p>Teams in Wisconsin</p> <p>Also mentioned that a lot of the info he’s put out in the past is available on the USA web. A little hard to find, but look for ‘high performance tips’</p>
<p>Coaches</p> <p>TONS! See him speak if/when you get the chance. Very energetic and engaging but humble. Doesn’t pretend to be the only authority as a lot of the older established coaches at clinics seem to do often.</p>	<p>Officials</p> <p>Not much</p>
<p>Athletes</p> <p>Great resources for athletes too! Encourage your coaches to figure out a way to do some underwater filming to give you some more information and a different perspective on your stroke.</p>	<p>LSC Others</p>

RUSSEL MARK TECHNIQUE – GENERAL NOTES

Started with a plug for some anti-doping websites: www.globaldro.com www.truesport.org

Mentioned that he's previously done a lot of webinars previously and that those are available on the USA Swimming website (maybe I'm a bit of an idiot but things aren't easy to find. Searching his name gives some stuff, or check the section under 'high performance tips' for similar info, or look for BMW swim tech)

"technique is based on scientific principles, but isn't a science"

Connecting knowledge to action

- Use less words
- More accurate and immediate imagery
- Be flexible with your vocabulary

Figure out the foundations you want to establish for each stroke, realizing that not every concept works together (simplest example being that DPS and tempo are somewhat opposing)

FREE: first priority is a strong catch, second is a 'forward entry'

BACK: first priority is a strong catch, second is a 'tight pivot' (no slow rotation, no over rotation)

BREAST: first priority is to have a 'surge forward', second is quick heels to drive the kick

FLY: first priority is a 'dynamic entry', second is to have '2 effective kicks'

FREE:

Hand should enter in front of the shoulder, catch with the hand underneath the shoulder and the elbow out wide
From a forward video angle he describes the arm pull as a 'half a diamond' (has used 'sideways triangle' in the past)

The 'recovery flow' needs to have a smooth rhythm, as does the breath

Feels that a big rotation can hurt the type of catch he's looking for

Also feels a 'big finish' (overdoing the flick at the end) can also mess up catch and the driving of the hand forward

BACK:

First checks for over reaching, which is easy to see (underwater or not)

Looks for hands to change direction right away – NOT a deep catch

Fingertips pointed out wide toward the wall, arm with a similar elbow bend as freestyle

Looks for high hips and core

Again, thinks that big rotation can hurt catch.

Prefers a bit of downward finish to the pull to help with tight pivot of body roll – not an upward finish

Doesn't like too deep a catch

BREAST:

Dynamic recovery with the hands and BODY - every stroke should look like that last stroke into the wall

Feels most 'bad timing' can be fixed by having quicker heels (not earlier – quicker)

New thing he's thinking about a lot is what kind of waves he's seeing at the lower back – like river eddies

Doesn't like 'squeezing elbows' on the recovery – hurts the surge forward

Pulling hard is conflicting – feels the priority should be the catch and not the surge

Pulling too hard can also get the arms 'stuck'

2018 USA Swimming Convention

Name: ___Jacob Johnson_____

Presentation Recap

Presentation/Class: ___Russel Mark - Technique_____

Likes to see a downward kick, not finishing at the surface – downward kick gets the hips up

FLY:

Likes to see the hands 'crashing forward' (not letting them get stuck behind)

Later breath with a quick head drop – needs to be a quick breath obviously

Likes to see the feet staying in the water – knees bending with each kick

Big finish and big undulation can conflict with the hands 'crashing forward'

AGE GROUP TECHNIQUE OBSERVATIONS:

Obviously, the bulk of his work has been with top end athletes, but recently he's been trying to get more exposure to developing age group athletes (not the elite ones, just younger kids in general) so that he can help explain getting from where they are to where he thinks mechanics should go.

FREE:

too much crossover at the entry, too much crossover in the pull, too much crossover at the finish

feels that too much emphasis on a big rotation doesn't help – arms go all over

generally, kids may be too weak to truly hold water through the whole stroke

BACK:

Likes that kids are naturally flat – wary of over emphasizing body roll. Teaching rotation works against ideal catch

Feels like there should be less rotation in back than in free

FLY:

AG arms always get stuck at the back of their stroke

The 2nd kick disappears while the head is up for a breath

Strong finish is overemphasized – leads to stuck arms

Lots of AGers don't (can't) get their head down in time – wonders if relative size/weight of head makes it hard

**really likes teaching fly by doing a few strokes of no breath fly and then just switching to free...

BREAST:

Lots of AG hands stuck under the body

Hands are too narrow and too close and it messes up the surge