

**Brent Boock**  
**Brief Notes**  
**USAS Convention 2015**  
**Kansas City**

**Russell Marks 10/30/15**

Visual cues for swimmers...other athletes grow up with visual clues of correct technique...baseball soccer.

Use more video.

Freestyle - Ledecky footage

All about detaching breathing from rotation.

Don't rotate under shoulder...rotate forward.

Rotate into catch.

Eyes down before hand passes underneath.

Elbow wider than hand on catch.

Natural swinging arm recovery.

Backstroke - Franklin footage

Hook catch - shallow catch

Fingertips curl/point to side

Palms always back

Downward finish triggers rotation

Arm entry point off shoulder.

Proper entry point direct result of proper rotation timing

Breaststroke - cordes/Hungarian girl footage

Separation between elite and rest is ability to shoot entire body into line

Rounded circle pull pattern - upside down heart

Helps transition smoothly into shooting phase

Recovery elbows & hands needs to be at same level

Heels rise at conclusion of I sweep

Feet engages at apex of recovery

Quick heels - engage hamstrings

Head must be inline for kick to fire properly

Butterfly -

Forward action! Kick hands forward - kick chest foreword  
Hands high on catch - chest forward.  
Head presses forward too - not neutral position  
2nd kick is last speed generator until hand catch  
Bends knees to take advantage  
Lack of 2nd kick - survival fly?  
Train the kick - don't train the kick out of fly

Hit case for iPhone  
Wide view fish eye lens

Starts - Simone footage

Wedge behind hips  
Chin up to engage power - not lifting body  
Shoulders low back flat elbows up cin up  
Dedicate time/practice/film study!  
Start webinar  
Pull shoulders down & forward pull hips forward

Dolphin kick - coughilin footage

Bend knees as much as you would when you are walking  
Kick extends outside body line  
Focus should be on the legs  
Extend feet - stretch chest - stretch hands  
Most propulsive phase of kick throwing water off toes at apex of kick  
Below chest or above chest front vs back

Turns

Check out webinar

### **Coaches Meeting 10/02/15**

Discussion - how can we be better  
All from the floor - discussion  
- put superstar coaches in front end of program (10&U)  
- more purposeful work  
- connect common messaging to coaches to athletes  
- possible NCAA short course inhibiting long course performance  
- USA VS World swimming performance

- world using resources more surgically/doing more with less
- identify outliers and funnel resources to those athletes
- teach coaching staff to be better/daily

### **LGBTQ Inclusion MTG 10/02/15**

Interactive and informative presentation by Dr. Chris Downs -Developmental psychologist

### **Central Zone Section 1 Meeting 10/01/15**

Long Course Summer

- keep relay only swimmers in competition
- allow relay only swimmers to swim time trials
- time standards will be lowered - meet is too large

Both Spring & Summer

- D final 18&U regardless of athlete count or time standards

Spring

- out of district capped at 150 athletes

Summer long course

- standards to change, lowered

Spring

- no change to time standards