



Swim Team Activity Pack 2

The following pages include a few more activities that your children can do while we are all out of the water.

Send your Guess-the-Coach Contest answers with your child's name to admin@gatorswimclub.com. The winner will get a Speedo swim snorkel! If more than one person identifies all of the coaches correctly, the final winner will be drawn at random from the winning entries.

Our coaches so miss being at practice with your kids. Send us pictures of what they are doing to pass the time!



Swimming Trivia

Did you know...

Coach Casey broke the American record in the 200m Super Lifesaver race at the 2018 Lifesaving World Championships in Adelaide, Australia.

Johnny Weissmuller was one of the world's fastest swimmers in the 1920s, winning five Olympic golds for swimming and one bronze for water polo. He was the first man to break one-minute in the 100-meter freestyle. After retiring, he played Tarzan in 12 feature films. The "Tarzan drill" we do in practice is named after how Weissmuller swam freestyle in the movies. Check out <https://www.youtube.com/watch?v=kM7pQZxtrLg>.

Coach Stacey's dad is the exhibit sculptor at the Florida Museum of Natural History.

Gators are some of the most vocal reptiles, with different calls to declare territory, signal distress, threaten competitors, and find mates. GSC's gators sure can cheer loudly too.

In 2015, at the age of 10, Alzain Tareq became the world's youngest swimmer to compete at the FINA World Championships.

Coach Marc competed on American Ninja Warrior in 2012 and used the force to audition for Season 9 in 2017. Check out his video at <https://www.youtube.com/watch?v=lyAq7W8hzS4!>

The Guinness Book of World Records says the largest swimming pool in the world is San Alfonso del Mar Seawater pool in Algarrobo, Chile. Completed in 2006, it is over 1000 meters long and has an area of almost 20 acres.

American Tracy Caulkins, who swam for the University of Florida, is the only swimmer in history to hold a world record in every stroke.

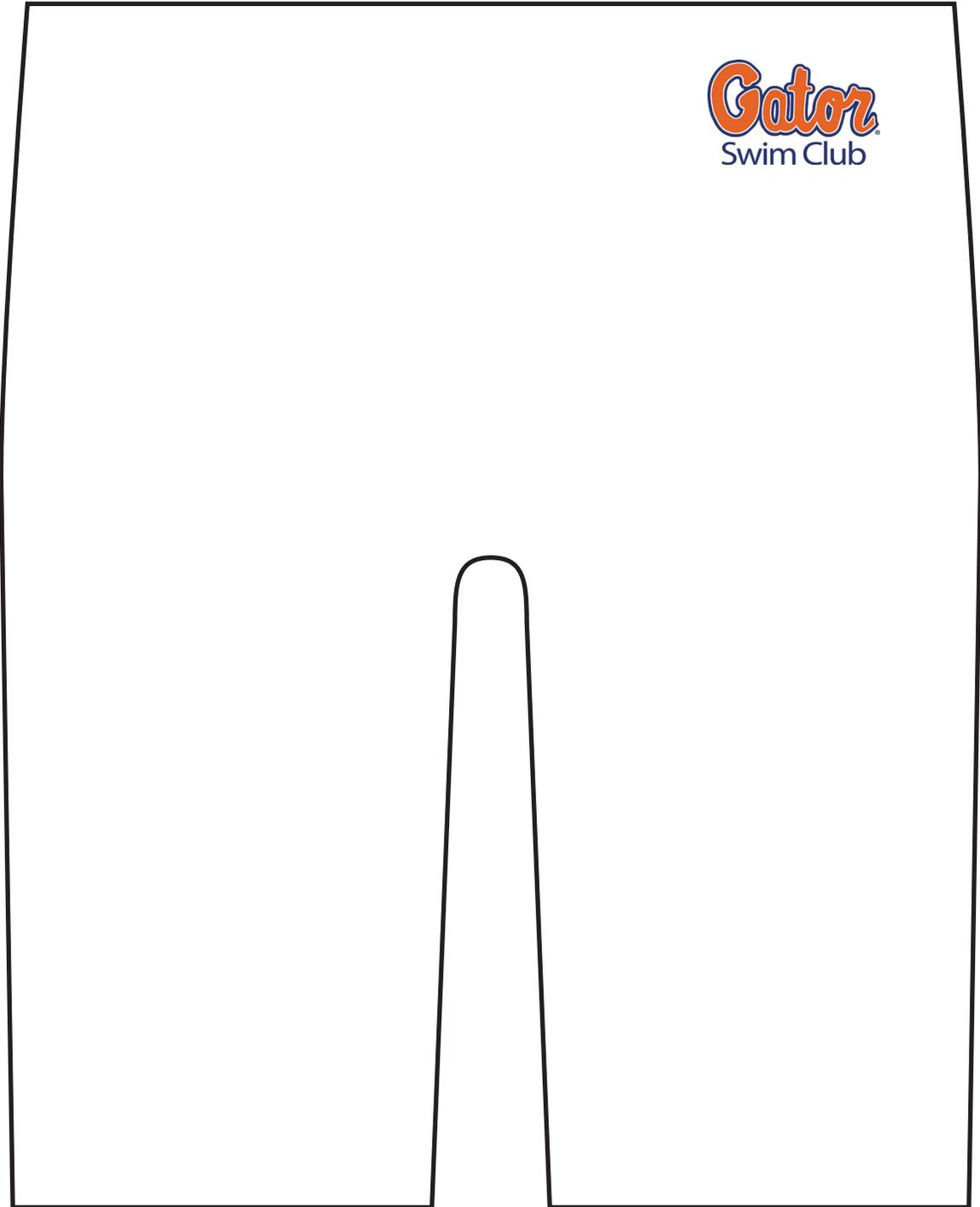
A freediver can hold his/her breath for as long as 10 minutes.

In 1934, David Armbruster (who was the head swimming coach at the University of Iowa) developed a method to bring the arms forward over the water in the breaststroke, calling it "butterfly." While the butterfly was difficult, it brought a great improvement in speed over the regular breaststroke. One year later, in 1935, Jack Sieg, a swimmer at the University of Iowa, developed a kick technique involving swimming on his side and beating his legs in unison, similar to a fish tail, and then modified it to swim it face down. He called this style the "dolphin fishtail kick." Armbruster and Sieg quickly found that combining these techniques created a very fast swimming style consisting of butterfly arms with two dolphin kicks per cycle, and the butterfly became the fourth competitive stroke.

Swimming is an integral part of a moose's day, whether to eat aquatic plants or to escape danger.



Design Your Own Suit





Design Your Own Suit





Guess-the-Coach Contest

Which coach is which? Put the name below the picture and send your guesses to admin@gatorswimclub.com!

Adam Alex Blake Casey Erin Jen Marc Monica Robert Ryan Stacey Sue





Alphabet Scavenger Hunt

Find something in your house or yard for each letter. Make as many of them swimming-related as possible!

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	



Swimming Brain Teasers

Answers are at the end of this packet.

Teaser 1

Five swimmers (Adam, Brad, Carl, Doug, and Eric) have been preparing for the Olympics. It is now time for the trials. The five swimmers each compete in the four different strokes (backstroke, breaststroke, butterfly, and freestyle). The top three finishers in each event will qualify for the Olympic swim team in that stroke. Using the following clues, determine the order of finish in each of the four strokes.

1. Only one contestant qualified in all four strokes.
2. No contestant finished last in more than one event.
3. Adam finished better in the backstroke than he did in the butterfly.
4. Brad finished better than Doug in the butterfly.
5. Adam finished just behind Brad and just ahead of Eric in the breaststroke.
6. Doug finished just ahead of Carl in the freestyle.
7. Neither Brad nor Eric finished third in any event.
8. Eric's finish in the backstroke was the same as Doug's in the butterfly.
9. Doug only finished in the same position in the backstroke and the freestyle.
10. Carl finished in a different position in each event.
11. Brad finished only two events in the same position.
12. The contestant who finished second in the butterfly beat Doug in the freestyle.
13. The contestant who finished first in the freestyle did not qualify in the backstroke.
14. The contestant who finished fifth in the backstroke did not finish third in the butterfly.
15. No contestant finished in the same position in both the breaststroke and the butterfly.

Teaser 2

Three kids each added one punctuation mark to the following sign so that it would say they could swim.

Here is the sign:



What did they change the sign to?

Teaser 3

A swimming pool takes 10 days to fill up. Each day the amount of water in the pool doubles. On which day will the pool be filled halfway?

Teaser 4

You're sitting in a small boat in a pool. With you in the boat is a large rock. You toss the rock overboard. Will the pool's water level rise, fall, or stay the same?

Teaser 5

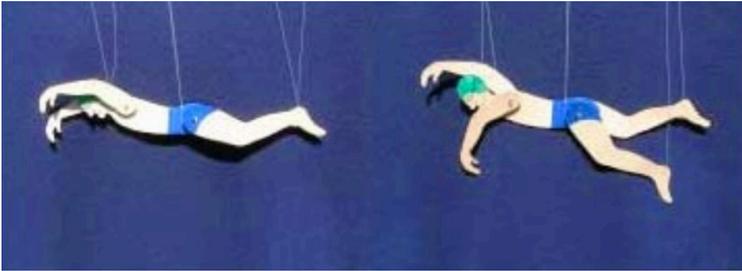
There are four swimmers, each training her favorite stroke. Each one is from a different country and is swimming alone in her lane. What stroke is the Canadian practicing?

Clues:

- Betty is swimming next to the athlete from the UK. Neither of them is swimming butterfly.
- Between Emily and the backstroker, one is from the UK and the other is in lane 4.
- Carol is not swimming backstroke or breaststroke. She is not Australian, and is not swimming in lanes 2 or 4.
- The freestyler is next to both Daisy and the American swimmer.
- The American swimmer is next to Carol.
- Daisy is not swimming in lane 2.

		Stroke				Lane				Country			
		Backstroke	Butterfly	Breaststroke	Freestyle	1	2	3	4	Australia	Canada	UK	USA
Name	Betty												
	Carol												
	Daisy												
	Emily												
Country	Australia												
	Canada												
	UK												
	USA												
Lane	1												
	2												
	3												
	4												

More Swimming Crafts



Make swimmer marionettes!



Make pool noodle monsters!



Make paper plate swimming creature art!





Swimming Brain Teaser Answers

Teaser 1

Backstroke: Adam, Carl, Doug, Brad, Eric
Breaststroke: Doug, Brad, Adam, Eric, Carl
Butterfly: Eric, Adam, Carl, Brad, Doug
Freestyle: Eric, Adam, Doug, Carl, Brad

Teaser 2

Private? No! Swimming: Allowed

Teaser 3

Day 9. The answer is actually right in the question! It says that “each day the amount of water in the pool doubles.” On the last day the pool is 100% filled, so that means the day before must be when it is 50% filled.

Teaser 4

The pool’s water level will fall. The reason is that, when the rock is in the boat, it displaces its total weight. If it weighs ten pounds, for example, then it’s making the boat ten pounds heavier and displacing ten pounds of water. When the rock is sitting at the bottom of the pool, on the other hand, it displaces its volume. The ten-pound rock may only displace three pounds of water. (A given volume of rock is typically three to five times heavier than the same volume of water.) The rock displaces more water when it’s in the boat than when it’s in the water, and so the pool’s water level is lower when the rock is in the water.

Teaser 5

The Canadian is swimming butterfly.

Name	Stroke	Lane	Country
Betty	Breaststroke	2	USA
Carol	Butterfly	1	Canada
Daisy	Backstroke	4	Australia
Emily	Freestyle	3	UK