

Barracuda Swimming 101



1. Do EVERYTHING balanced – Great Body Position & Streamline
2. Begin and end practice with PERFECT technique – Train your neurological pathways
3. Don't ever be satisfied with your technique – there is always something to improve
4. Improve all four strokes
5. LEARN...then TEACH! Learn when possible from the most knowledgeable source
6. Stay after practice to work on small details
7. Do preventative prehab/rehab work
8. Do extra warm down if you need it
9. HAVE and USE your own water bottle
10. Leave our areas better than before we got there
11. Maximize Momentum – Fast in and out of the walls
12. Maximize distance per stroke
13. Emphasize catch and set up of stroke
14. Your core is NEVER strong enough
15. Lead the Lane at least once per week
16. Get out of the Pool like an athlete
17. Do not be the last person in the water for practice
18. Ask Before you
 - Get out to go to the bathroom
 - Get out to see the trainer
 - Make adjustments to a set
19. Breathing Patterns
 - Fly: Every Other
 - Free: Every 3