

TIP OF THE MONTH.....by Coach Tony Ackerson



is a word that our swimmers hear as much as any other word, but there's good reason for it. Increasing underwater speed is an easy way to improve your overall swimming speed, and you need only to look at the Olympics to see evidence of this.

During the late 1980's and early 1990's, swimmers began staying underwater longer and dolphin kicking while maintaining a tight streamlined position. The net result was that they traveled faster underwater than they did on top of it, so much so that some swimmers SWAM THEIR ENTIRE FIRST LAP OF A 100 YARD RACE UNDERWATER! When the American and World records began to tumble, the governing body of international swimming instituted the 15-meter rule, limiting swimmers to no more than 15 meters underwater off each wall.

This limiting of the underwater to 15 meters makes the streamline even more important than ever, and all of our swimmers need to consciously practice good positioning off every wall in practice. All of the subtle components of body alignment, head position, pointed toes, etc., are only perfected over time. It's no coincidence that the best underwater swimmers we've ever had were "students" of improving their position. It's also no coincidence that both were high school All-Americans.

So start today by making a commitment to improving your streamline. You can start by simply trying to get past the flags on every turn, and exaggerating the underwater distance in your warm-up. Over time you'll see your turns improving, and it won't be long before you see it paying off in meets.