**Swimmer’s Homework**

**All Swim Fit Groups**

**How to Improve Target Skill Focus**

**September Swim Fit Homework**

1. How to Read the Pace Clock - Practice Sheet [LINK](https://drive.google.com/file/d/17ygbhP8Wxh2xvxGzMAHTPjTQJJjr8JVV/view?usp=sharing)
2. Body Positioning Video [LINK](https://youtu.be/DJSo8nP8ik4)
3. Position 11 Video [LINK](https://youtu.be/cF9m8rny5VI)
4. Side breathing [LINK](https://youtu.be/qMSP3cZzy-8)

**October Swim Fit Homework**

1. Backstroke Body Rotation [LINK](https://youtu.be/lS2TxUA2WRo)
2. Backstroke Body Position [LINK](https://youtu.be/_R0mQCcxqw4)
3. 6 Kick Switch [LINK](https://youtu.be/QQ52XkhNz0o)
4. Freestyle Flip Turn [LINK](https://youtu.be/foGlgwWk76I)
5. Backstroke Flip Turn [LINK](https://youtu.be/foGlgwWk76I)