SWIMMING INFORMATION

4 Strokes in Swimming

- Freestyle
- Backstroke
- Breastroke
- Butterfly

The **IM** or Individual Medley combines all four strokes and is swam in this order: (fly, back, breast, free). If it is a 100 IM the swimmer will swim 25 fly, 25 back, 25 breast, 25 free without stopping. 200 IM would be a 50 of each stroke without stopping.

Relays

- Medley Relay
  1st swimmer swims back, 2nd breast, 3rd fly, 4th free
- Freestyle Relay – All swimmers swim freestyle
- If it is the 200 free relay each swimmer swims a 50, which then equals 200 yds total.

Each length of the pool is 25 yards

- 50 free = down and back
- 100 free = 4 lengths
- 200 free = 8 lengths so on and so forth and same with any stroke we ask swimmers to swim
- 500 free is the longest race and is 20 lengths

Practice Terms

- **Circle Swim** – swimmers swim down on the right side of the black line and swim back on the right side of the black line.
- **Warm – Up** – this is the first thing swimmers do when they get in the pool. It usually consists of a longer, slower freestyle.
- **Cool Down** – This is the last thing we do and the purpose is to cool down the muscles and get the swimmers heart rate back to normal. This may be a longer swim but it is SLOW!!!

- **Kick** – you may or may not use a kickboard, but complete the set without pulling. If you don't have a kickboard, put your arms in streamline position.
- **Pull** – put a pull buoy between your legs and swim without kicking.
- **Build** – Continuously get faster throughout each element of a set. For example, 4 x 50 build means that each 50 should start off slow, get faster, and finish fast.
- **Descend** – Each element of a set should be faster than the one before. For example, 4 x 100 descend the 2nd 100 should be faster than the 1st, the 3rd faster than the 2nd, and the 4th faster than the 3rd even though the interval does not change. So, if the set is 4 x 100 descend on 1:30, this is what you should aim for: 1st swim 100 on 1:24 (6 sec rest), 2nd 100 on 1:22 (8sec rest), 3rd 100 on 1:20 (10 sec rest), and the last 100 should be fastest on 1:18 (12 sec rest)
- **Work within flags** – Swim fast and work hard when you are near the walls (push-off, turns, and finish)
- **Drive 1 (**warm up), **2 -3** (most yardage), **4** (intervals), **5** (sprint) : Intensity
- **Fast** – Swim hard (90%)
- **Sprint** – All out! Swim at 100% (racing speed)
- **Rest** – After each part of a set, swimmers will be allowed to rest (usually 30 sec.) Some little Nemos don't want to rest. It is so important to learn how to swim fast and get heart rate up and then be able to get it back down to normal (rest) and then raise it again. This is part of becoming a competitive swimmer…we need the rest as part of an effective workout!
- **Flat Start** – stand on edge of block with feet shoulder width apart with toes curled over edge. At take your mark, grab the block with both hands.
- **Track Start** – same as flat start but one foot goes a little bit in front of the other. Similar to the way a runner starts.
- **Relay Start** – During a relay exchange, the swimmer on the block anticipates the finish of the swimmer in the water. The person on the block should start swinging his/her arms before the swimmer finishes. Timing is crucial!
- **Lane Ropes** – Swimmers should NEVER hang on the lane ropes. They get stretched out and then we have to replace them. I try to remind them but please reinforce this at home! Thanks!☺
- **Swimmers should ALWAYS swim fastest swimmer in front.** This is not about every one getting a turn to go first…it is so important that the faster swimmers get challenged. A coach can facilitate this.

- **Stroke Drills:**

  Freestyle: fingertip, catch up, 6 kicks on each side, breathe every 5/7, up down all the way around, 8 to 1 breaths/stroke, 8 count freestyle

  Backstroke: more kicks per stroke, cup on forehead, shot gun drill, sidestroke backstroke, spin drill

  Breastroke: double pull outs, 2 kicks/1pull, butt kicks, big toe/opp hand

Butterfly: 1 arm fly, kick your hands in/kicks your hands out, noodle fly, penguin drills (head, head/arm, head/arm/back

- **<u>SET WRITING NOTATION</u>**

  General Formula: (A) x (B) (Description) @ (C)

  A: how many of B's are you doing
  B: the distance of each element (i.e. 100) Description: Stroke/drill of the set
  C: the interval to complete each element. You should finish the element at a faster time than the interval so that you get a little rest.