

COACH FLO'S TOP TEN: SWIM LIKE A CHAMPION!

1. Swim fast! Have fun! Go Scouts Go!!
2. Great starts! Great turns! Great finishes!
3. Good drilling makes good swimming.
4. The more you come to practice, the better you get.
5. Technique. Technique. Technique!
6. Streamline. Streamline. Streamline!
7. Head straight, fingertips to the bottom, elbows up!
8. Fly kicks. Fly kicks. Fly kicks!
9. Tempo. Tempo. Tempo!
10. Garbage in, garbage out....Great swimming in,
great swimming out!!!