

2014 Stroke Clinics

Date	6:00 p.m.	7:00 p.m.
Sunday, June 8	Posture, Line & Balance	Starts & Turns
Friday, June 13	Starts & Turns	Breast & Fly
Friday, June 20	Free & Back	Starts & Turns
Friday, June 27	Starts & Turns	Free & Back
Friday, July 11	Breast & Fly	Starts & Turns
Friday, July 18	Starts & Turns	Starts & Turns

Clinic Descriptions			
Posture, Line & Balance	Starts & Turns	Breast & Fly	Free & Back
<p>When you see a swimmer racing effortlessly ahead of everyone else. What is the secret? Posture, Line and Balance. When you see a swimmer crush the field on a turn or a start. What is the secret? Posture, Line and Balance. It isn't easy, but it is the secret to success and it is rarely taught in swimming lessons. <u>Posture:</u> refers to aquatic posture which should be a straight spine and a long body line. <u>Line:</u> refers to making the body long, narrow and streamlined like a racing scull as opposed to a dingy. <u>Balance:</u> Our bodies are not naturally balanced in the water. The most buoyant part of our bodies is our lungs, thus the lungs are the center of buoyancy. The majority of our weight is below our lungs, thus the center of gravity is below our lungs. This imbalance is exasperated by the fact that most swimmers like to hold their head too high. Posture, line and balance is the basis to swimming effortlessly.</p>	<p>Starts and Turns are a major part of any race, but include far more than diving off a block or turning at the wall quickly. The fastest part of any race is the speed an athlete can achieve when pushing off a solid structure in the start and in the turn, maintaining that speed for as long as possible, and "breaking out" into a swimming stroke without losing speed. This process begins with great posture, line and balance coming off the wall and continues with awareness of when and how to start swimming. In addition, breaststrokers need to learn the underwater pull out; butterflyers, backstrokers, and freestylers need to learn what is sometimes called the 5th racing stroke, under-water travel. Finally, the often forgotten finish where the race should end in the most efficient body position balanced in a long straight body line.</p>	<p>Breaststroke and Butterfly are probably the 2 most difficult strokes to master. What most people don't realize is that butterfly is the simplest of all stroke in concept. It is simply 2 arms pulling in a synchronous motion and 2 legs "undulating" (fish like) in a synchronous motion. The problem is coordinating the arm stroke and the undulation together with a synchronous breathing rhythm. Breaststroke was once considered the "resting" stroke that a swimmer could swim for miles if need be to survive in open water. But with the development of the wave breaststroke for racing, breaststroke has become the most demanding and the most difficult of all strokes. In addition, since the stroke is swum in the water, it is essential to develop a stroke that maximizes propulsion while minimizing resistance. It all begins with great posture, line and balance.</p>	<p>Freestyle and Backstroke are known as the long-axis strokes because a swimmer needs to rotate about the axis of the spine. It all begins with posture, line and balance. Difficulties arise because the strokes are asymmetric. When posture, line and balance are not maintained, all types of irregularities such as "wobble butt" happen. Breathing in freestyle can be difficult when the swimmer lifts their head rather than breathing in synch with the rotation of the body. Difficulties in backstroke commonly arise from kids being taught to swim from a back float, pressing the chest up in the water so that the legs sink. It all begins with posture, line and balance.</p>