**April Stroke Tips**

**Technique Tip: Timing the Finish**

So many times in athletic endeavors, it is the last piece of the puzzle that - whether it goes good or bad - is what we take away from the contest. Sometimes a really good performance can be diminished within the last few seconds. In swimming, this usually has to do with how we time our finish. By having a practice mindset that is focused on details, one can train themselves to have an intuitive feel with 10 -12 yards our meters to go for how their stroke stride is going to synch with the timing of the touch. This is where stroke length adjustments can/should be made to ensure finishing with a full stroke. History has proven that you "will race what you practice".

**Stroke Tip: Rethinking Breaststroke Pull**-**Downs**

With the recent rule change regarding when the one dolphin kick may take place, every Breaststroker and I.M.er should reevaluate their pull-down sequence. The rule now allows for the dolphin kick to come before the initial motion to out-sweep the arms. Coaches and swimmers are finding that dolphin-ing earlier can help to extend momentum form the initial push-off (or dive) without interrupting the streamlined nature of the straight legs. After the pull-down, the second piece to help extend distance and speed off the wall is to begin the recovery of the arms forward before beginning the recovery of the knees and legs to help cut down drag. "Slice" the hands forward with the smallest edge possible to further reduce resistance. Don't make swimming Breaststroke more of a "drag" than it already is :)

**Workout Etiquette Tip: Unlawful Assemblies**

After completing a repeat of a set, try to move to the left side of the lane in order to allow those coming in behind you to find a landing space for their hand on the wall. Whenever possible, leaving :10 sec apart really helps disperse a crowd in an orderly fashion.

**"Move along folks - nothing to see here!"**