**June Stroke Tips**

**Stroke Tip: Kick It In Gear**

Want to to take your workout to the next level? How about doing something that will benifit all your swimming? Know how to get an extra 20 minutes of practice in the same amount of time?

Simple: **KICK**

Very few of us use our legs as much as we should when training, only to be a little disappointed when they do not respond as we would like come race day. For starters, what if you were to commit to making sure you 6-beat kick your Freestyle the last 25 meters/yards of each repeat? Combine this with last month's tip of experimenting with dolphin kicking out of your starts and turns and you have yourself some serious improvement in race strategies as well as a cardio-load on your energy systems. One can only swim as fast or as  long as their weakest muscle will allow them to go.

**Technique Tip: Too Much of a Good Thing?**

Years ago, when the dinosaurs roamed the earth and men's and women's suits looked very similar and cost about the same (The Tech Suit Era), we taught Rotation - Rotation - Rotation for the long axis strokes. Now in the "Age of Enlightenment," where men must show their navels to compete in sanctioned pool meets, we have tempered that back some. For Freestyle and Backstroke, we do not want to roll our torso more than 30 degress.This is enough rotation to help the hand enter into the right position, set the hand at a proper depth for an effective catch, create  force through the core during the pull phase, and set up the hand for recovery. More roll than this is going to slow down our stroke tempo and create balance issues, which will most likely open up the kick behind us as a counter balance and create drag.So, yes, it is possible to have too much of a good thing.